Harvest of the Month

Potatoes

Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)

Calories 68	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

Source: www.nutritiondata.com

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