

PRODUCT NUTRITION

POTATO FLAKES

100g

Nutrient	Units	Value per 100 grams
Proximates		
Water	g	6.52
Energy	kcal	357
Energy	kJ	1493
Protein	g	6.90
Total lipid (fat)	g	0.34
Ash	g	3.14
Carbohydrate, by difference	g	83.10
Fiber, total dietary	g	5.9
Sugars, total	g	3.52
Minerals		
Calcium, Ca	mg	65
Iron, Fe	mg	1.38
Magnesium, Mg	mg	65
Phosphorus, P	mg	168
Potassium, K	mg	1001
Sodium, Na	mg	55
Zinc, Zn	mg	0.54
Copper, Cu	mg	0.197
Manganese, Mn	mg	0.313
Selenium, Se	mcg	1.1
Vitamins		
Vitamin C, total ascorbic acid	mg	3.8
Thiamin	mg	0.228
Riboflavin	mg	0.051
Niacin	mg	3.507
Pantothenic acid	mg	0.474
Vitamin B-6	mg	0.769
Folate, total	mcg	25
Folic acid	mcg	0
Folate, food	mcg	25
Folate, DFE	mcg_DFE	25
Choline, total	mg	39.5
Vitamin B-12	mcg	0.00
Vitamin B-12, added	mcg	0.00
Vitamin A, RAE	mcg_RAE	0
Retinol	mcg	0

Carotene, beta	mcg	0
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Vitamin A, IU	IU	0
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0
Vitamin E (alpha-tocopherol)	mg	0.25
Vitamin E, added	mg	0.00
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	0.0
Lipids		
Fatty acids, total saturated	g	0.090
4:0	g	0.000
6:0	g	0.000
8:0	g	0.000
10:0	g	0.002
12:0	g	0.012
14:0	g	0.003
16:0	g	0.056
18:0	g	0.012
Fatty acids, total monounsaturated	g	0.008
16:1 undifferentiated	g	0.003
18:1 undifferentiated	g	0.004
20:1	g	0.000
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	0.150
18:2 undifferentiated	g	0.112
18:3 undifferentiated	g	0.035
18:4	g	0.000
20:4 undifferentiated	g	0.000
20:5 n-3 (EPA)	g	0.000
22:5 n-3 (DPA)	g	0.000
22:6 n-3 (DHA)	g	0.000
Cholesterol	mg	0
Amino acids		
Tryptophan	g	0.115
Threonine	g	0.280
Isoleucine	g	0.299
Leucine	g	0.425
Lysine	g	0.413
Methionine	g	0.107
Cystine	g	0.070
Phenylalanine	g	0.316
Tyrosine	g	0.224
Valine	g	0.356
Arginine	g	0.374
Histidine	g	0.166
Alanine	g	0.328
Aspartic acid	g	1.173
Glutamic acid	g	0.932

Product Specifications: Potato Flakes
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Glycine	g	0.256
Proline	g	0.265
Serine	g	0.234
Other		
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.