

Nutrition Facts

Serving size 1 potato

Amount Per Serving

Calories 340

% Daily Value*

Total Fat 13g 17%

Saturated Fat 7g 35%

Trans Fat 0.4g

Cholesterol 80mg 27%

Sodium 640mg 28%

Total Carbohydrate 30g 11%

Dietary Fiber 5g 18%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 25g 50%

Vitamin D 0.8mcg 4%

Calcium 195mg 15%

Iron 1.8mg 10%

Potassium 1128mg 25%

Vitamin A 3447mcg 380%

Vitamin C 27mg 30%

Folate 40mcg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.