

Potatoes, Round, White, Fresh

MyPlate Food Group: **Vegetable**



Product Description

- Fresh white round potatoes are U.S. No. 1 or better.

Storage

- White round potatoes should be stored in a cool, dry, dark place. Do not wash before storing.
- Do not keep potatoes in light for long periods of time. Light will turn the outer skins green and cause a bitter flavor.

Uses and Tips

- White round potatoes are best for boiling, but can also be roasted, broiled, scalloped, or mashed.
- Potato skin contains important nutrients.
- Top baked potatoes with low-fat cheese or plain yogurt, chili, broccoli, onions, or taco filling.

Nutrition Information

- 1 medium potato counts as 1 cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups.
- 1 medium potato contains 15% of the daily recommended amount of fiber and 36% of the daily recommended amount of vitamin C.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 medium white round potato (173g), baked with skin

Amount Per Serving

Calories 160 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg		0%
Sodium 12mg		0%
Total Carbohydrate 12g		12%
Dietary Fiber 4g		16%
Sugars 2g		
Protein 4g		
Vitamin A 0%	Vitamin C 36%	
Calcium 2%	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Oven Roasted Potatoes

Makes about 4 servings

Ingredients

1 pound white round potatoes, cut in large chunks
2 tablespoon plus 1 teaspoon vegetable oil
¼ packet beef & mushroom soup mix, dry
Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees F.
2. Place potatoes, oil, and soup mix in a sealable bag. Shake bag well to coat potatoes.
3. Pour potato mixture into an uncovered oven-safe baking dish.
4. Bake for 45 minutes. Stir once in awhile.

Recipe adapted from Cooks.com

Chicken and Potato Casserole

Makes about 4 servings

Ingredients

Non-stick cooking spray
2 medium size white potatoes, thinly sliced
2 cups chicken, cooked & diced
1 onion, diced
1 can cream of mushroom soup
½ cup milk
Pepper (to taste)

Directions

1. Preheat oven to 375 degrees F.
2. Place layers of potatoes in an oven-safe baking dish. Top with chicken and onions.
3. In a medium bowl, add soup and milk and mix well.
4. Pour soup mixture over potatoes and chicken.
5. Cover with aluminum foil and bake for about 45 minutes.
6. Remove foil and bake 15 more minutes
7. Serve hot!

Recipe adapted from Cooks.com