

## Potatoes, Russet, Fresh

MyPlate Food Group: **Vegetable**



### Product Description

- Fresh Russet potatoes are U.S. No. 1 or better.

### Storage

- Russet 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

- Rinse potatoes well and scrub to remove dirt; try not to break the skin.
- If a potato has begun to grow sprouts, cut off the sprouts before cooking. Cut off any skin that started to turn green.
- Russet potatoes are best for baking, but can also be roasted, broiled, or mashed.
- Potato skin contains important nutrients.

### Nutrition Information

- 1 medium potato counts as 1 cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups.
- 1 medium potato contains 16% of the daily recommended amount of fiber and 35% of the daily recommended amount of vitamin C.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b>	170
Calories from Fat	0
-% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 35%
Calcium 4%	Iron 10%

\*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

## The Perfect Baked Potato

Makes about 4 servings

### Ingredients

4 medium-sized Russet potatoes, rinsed and dried  
 1 tablespoon plus 1 teaspoon vegetable oil (if you like)

### Directions

1. Preheat oven to 350 degrees F.
2. Remove any bruises or discolored spots from potatoes with the tip of a knife.
3. Cut a small hole in each potato with a fork or sharp knife four times on each side, leaving about 1 inch between each hole. The holes allow steam to escape during baking; if you do not cut the potatoes, they may explode during baking.
4. If you want a softer skin, rub about a teaspoon of vegetable oil over each potato; for a crispy skin, do not use oil. (Wrapping the potato in foil will produce a soft skin not crispy.)

### Tip

Serve hot with your favorite topping.

*Recipe adapted from What's Cooking? USDA Mixing Bowl*

## Microwave Roasted Potatoes

Makes about 8 servings

### Ingredients

4 medium Russet potatoes, rinsed and dried.  
 1 tablespoon vegetable oil  
 ¼ teaspoon salt  
 ¼ teaspoon pepper  
 Dried seasonings like parsley, rosemary, or thyme (if you like)

### Directions

1. Cut potatoes into same size cubes.
2. Place in a microwave-safe dish and drizzle oil, salt, and pepper. If using dried seasonings, add that too.
3. Mix well to coat potatoes evenly.
4. Cover tightly with lid or plastic wrap. Microwave on high for 10 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Be careful when removing dish from microwave.
5. Remove lid or plastic wrap carefully to prevent burns from steam.

*Recipe adapted from Cooks.com*