











Variety

(Cooking technique)

		PORTION	WATER CONTENT	CALORIES	TOTAL FAT, g	SATURATED FAT, g	CHOLESTEROL, mg	SODIUM, mg	TOTAL CARBOHYDRATE, g	DIETARY FIBER, g	PROTEIN, g	VITAMIN C, mg	VITAMIN D, mcg	CALCIUM, mg	IRON, mg	POTASSIUM, mg
 Alverstone Russet	WRAPPED IN FOIL, BAKED,	~1 cup (150 g)	78%	123	0	0	0	*	27	2.9	4.6	17	0	8	0.60	615
	STEAMED	~1 cup (150 g)	79%	114	0	0	0	10	26	2.9	3.9	21	0	13	0.60	645
 Annabelle	WRAPPED IN FOIL, BAKED,	~1 cup (150 g)	81%	104	0	0	0	*	24	3.0	3.4	22	0	9	0.45	495
	STEAMED	~1 cup (150 g)	81%	107	0	0	0	*	24	2.4	3.2	26	0	11	0.45	465
 Colomba	WRAPPED IN FOIL, BAKED,	~1 cup (150 g)	84%	87	0	0	0	*	20	3.0	2.9	18	0	6	0.45	480
	STEAMED	~1 cup (150 g)	85%	86	0	0	0	*	19	2.1	2.8	18	0	8	0.45	450
 Mozart	WRAPPED IN FOIL, BAKED,	~1 cup (150 g)	82%	98	0	0	0	8	21	2.6	4.0	15	0	9	0.60	645
	STEAMED	~1 cup (150 g)	83%	95	0	0	0	11	21	2.6	3.4	19	0	14	0.60	630
 Mulberry Beauty	WRAPPED IN FOIL, BAKED,	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	STEAMED	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
 Rickey Russet	WRAPPED IN FOIL, BAKED,	~1 cup (150 g)	79%	117	0	0	0	9	27	2.9	3.7	12	0	11	0.45	630
	STEAMED	~1 cup (150 g)	79%	119	0	0	0	11	27	2.6	3.5	16	0	14	0.45	555
 Sifra	WRAPPED IN FOIL, BAKED,	~1 cup (150 g)	80%	102	0	0	0	*	23	2.7	3.5	15	0	9	*	630
	STEAMED	~1 cup (150 g)	81%	108	0	0	0	8	24	2.7	3.7	17	0	11	0.60	630
 Vivaldi	WRAPPED IN FOIL, BAKED,	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	STEAMED	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

SOURCE: Potatoes were harvested and samples were analyzed by Bureau Veritas in 2019. | * indicates missing data