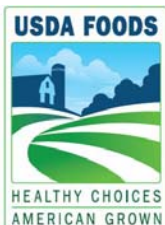


USDA Foods Product Information Sheet

For Child Nutrition Programs



100340— Potatoes, Russet, Fresh

Category: **Vegetables**
Subgroup: **Starchy**



PRODUCT DESCRIPTION

This is U.S. Grade 1 whole, fresh Russet potatoes. This item is available in 50 pound cartons containing size 100 or 110 potatoes.

CREDITING/YIELD

- One carton of fresh potatoes yields about 243 ½-cup servings diced potatoes with skin.
- CN Crediting: ½ cup cooked potato credits as ½ cup starchy vegetable.

CULINARY TIPS AND RECIPES

- Potatoes can be roasted, mashed, or baked and served with a variety of toppings, such as broccoli and cheese, vegetarian chili, or salsa.
- Potatoes can also be added to many foods such as soups and casseroles or served as a side for breakfast or lunch.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 medium baked potato (87 g), flesh, and skin

Amount Per Serving

Calories 84

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 12mg

Total Carbohydrate 19g

Dietary Fiber 2g

Sugars 1g

Protein 2g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.