

SPUD-TACULAR NUTRITION FACTS



VS.



**1 MEDIUM-SIZED SKIN-ON
WHITE POTATO (148 G)**

**1 MEDIUM-SIZED SKIN-ON
SWEET POTATO (130 G)**

110 CALORIES

100 CALORIES

1 GRAM OF SUGAR

7 GRAMS OF SUGAR

3 GRAMS OF PROTEIN

2 GRAMS OF PROTEIN

0% DAILY VALUE OF VITAMIN A

120% DAILY VALUE OF VITAMIN A

45% DAILY VALUE OF VITAMIN C

30% DAILY VALUE OF VITAMIN C

26 GRAMS OF CARBOHYDRATES

23 GRAMS OF CARBOHYDRATES

620 MG OF POTASSIUM

440 MG OF POTASSIUM

2 GRAMS OF FIBER

4 GRAMS OF FIBER

20% DAILY VALUE OF VITAMIN B6*

15% DAILY VALUE OF VITAMIN B6*

Learn more at [PotatoGoodness.com](https://www.PotatoGoodness.com)

FDA Top 20 Raw Vegetables: [fda.gov/food/food-labeling-nutrition/nutrition-information-raw-vegetables](https://www.fda.gov/food/food-labeling-nutrition/nutrition-information-raw-vegetables)

*USDA Food Composition Databases v.3.9.5.3_2019-06-13. <https://ndb.nal.usda.gov/ndb/>

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