

Damour, Nancy

From: Mcleod, Mike
Sent: Sunday, February 05, 2012 11:09 AM
To: Damour, Nancy
Subject: RE:

#141309

Amounts per 1 potato large (3" to 4-1/4" dia. (299g)

Calorie Information		Protein & Amino Acids	
Amounts Per Selected Serving		Amounts Per Selected Serving	
Calories	%DV	Protein	%DV
(1214 kJ)	290	g	7.9
From Carbohydrate	15%	More details	16%
(1068 kJ)	255		
From Fat	3.5	Vitamins	
(14.7 kJ)		Amounts Per Selected Serving	
From Protein	31.5	Vitamin A	%DV
(132 kJ)		IU	29.9
From Alcohol	0.0	Vitamin C	1%
(0.0 kJ)		mg	38.6
		Vitamin D	64%
			~
			~
Carbohydrates		%DV	Vitamin E (Alpha Tocopherol)
Amounts Per Selected Serving			0.1
Total Carbohydrate	64.1	mg	1%
g	21%	Vitamin K	6.0
Dietary Fiber	6.9	mcg	7%
g	28%	Thiamin	0.2
Starch	52.2	mg	13%
g		Riboflavin	0.1
Sugars	3.2	mg	8%
g		Niacin	4.0
More details		mg	20%
Fats & Fatty Acids		%DV	Vitamin B6
Amounts Per Selected Serving			1.1
Total Fat	0.4	mg	53%
g	1%	Folate	77.7
Saturated Fat	0.1	mcg	19%
g	0%	Vitamin B12	0.0
Monounsaturated Fat	0.0	mcg	0%
	1		

g		Pantothenic Acid	1.1
Polyunsaturated Fat	0.1	mg	11%
g		Choline	44.8
Total trans fatty acids		mg	
		Betaine	0.6
Total trans-monoenoic fatty acids		mg	
		More details	
Total trans-polyenoic fatty acids			
		Minerals	
		Amounts Per Selected Serving	%DV
Total Omega-3 fatty acids		Calcium	53.8
mg	29.9	mg	5%
Total Omega-6 fatty acids		Iron	3.2
mg	95.7	mg	18%
Learn more about these fatty acids and their equivalent names		Magnesium	89.7
More details		mg	22%
		Phosphorus	212
		mg	21%
		Potassium	1645
		mg	47%
		Sodium	41.9
		mg	2%
		Zinc	1.0
		mg	7%
		Copper	0.3
		mg	16%
		Manganese	0.7
		mg	34%
		Selenium	1.5
		mcg	2%
		Fluoride	135
		mcg	
		Sterols	
		Amounts Per Selected Serving	%DV
		Cholesterol	0.0
		mg	0%
		Phytosterols	

[More details ▼](#)

Other	
Amounts Per Selected Serving	
	%DV
Alcohol	
g	0.0
Water	
g	223
Ash	
g	4.0
Caffeine	
mg	0.0
Theobromine	
mg	0.0

Footnotes for Potatoes, Russet, flesh and skin, baked

Source: Nutrient data for this listing was provided by USDA SR-21. Each "-" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

Nutrition Data's Opinion, Completeness Score™, Fullness Factor™, Rating, Estimated Glycemic Load (eGL), and Better Choices Substitutions™ are editorial opinions of NutritionData.com, given without warranty, and are not intended to replace the advice of a nutritionist or health-care professional. Nutrition Data's opinions and ratings are based on weighted averages of the nutrient densities of those nutrients for which the FDA has established Daily Values, and do not consider other nutrients that may be important to your health or take into account your individual needs. Consequently, Nutrition Data's higher-rated foods may not necessarily be healthier for you than lower-rated ones. All foods, regardless of their rating, have the potential to play an important role in your diet.

The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

IF Rating™ is a trademark of Monica Reinagel. Data for the IF Rating was provided by [inflammationfactor](#)

Read More <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2550/2#ixzz1IWp8jHxM>

From: Damour, Nancy

Sent: Friday, February 03, 2012 1:12 PM

To: Mcleod, Mike

Subject:

I need nutri info on 141309 and 130005 for proctor school thanks nancy

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