

# 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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