

NUTRIENT CONTENT IN POTATO FORMS

FACT CHECK



Q: Are there differences in nutrient content between different forms of potatoes (i.e. fresh vs. frozen vs. dehydrated)?

A: Processed potatoes (such as dehydrated and frozen potatoes) deliver the same nutrients as fresh potatoes, (such as potassium, vitamin C and fiber), but the amounts will vary depending on the potato form.

FACTS

- Preparation methods have variable effects on potato nutrient content.
- Nutrient loss is greatest when cooking involves water (boiling) and/or extended periods of time in high heat (baking).
- Freezing (if done correctly) simply places the food and its nutrients in “suspended animation,” so nutrient loss is minimal.
- Although there is a fair amount of variation between and even among commercial products, dehydrated potato products contain similar nutrients as their fresh counterparts, but at slightly lower levels.
- For example¹:
 - A small (138 grams) baked potato with skin provides 128 calories, 29 grams of carbohydrate, 3 grams of fiber, 13.2 grams of vitamin C and 738 milligrams of potassium.
 - One serving (74 grams) of oven-baked French fries provides 116 calories, 17.4 grams of carbohydrate, 1.9 grams of fiber, 9.6 grams of vitamin C and 330 milligrams of potassium.
 - One serving (100 grams) of mashed potatoes prepared using dehydrated potato flakes provides 113 calories, 15 grams of carbohydrate, 2.3 grams of fiber, 9.7 grams of vitamin C and 233 milligrams of potassium.

REFERENCES

1. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016. Internet: <http://www.ars.usda.gov/ba/bhnrc/ndl>