Potato Nutrition

Potassium Content of Commonly Consumed Fruits and Vegetables


Oven-Baked Fries
small serving, 74 grams
(over 90% of fries served in schools)

- 116 calories
- 3.6 grams fat
  (0.8 g saturated)
- 0 mg cholesterol
- 0 g trans fat
- 330 mg potassium
  (10% DV)
- 1.9 g fiber
  (8% DV)
- 5% DV Magnesium
- 6% DV Vitamin B₆
- 16% DV Vitamin C

Deep-Fried Fries
small serving, 71 grams

- 222 calories
- 10 grams fat
  (1.6 g saturated)
- 0 mg cholesterol
- 0 g trans fat
- 410 mg potassium
  (15% DV)
- 2.7 grams fiber
  (10% DV)
- 6% DV Magnesium
- 13% DV Vitamin B₆
- 6% DV Vitamin C

Dietary Fiber of Commonly Consumed Vegetables


Nutrition information provided by the Alliance for Potato Research and Education
Potato Quick Facts

Top 10 Export Markets
(by value for calendar year 2016)

1. Japan $345 million
2. Canada $287 million
3. Mexico $229 million
4. China $135 million
5. South Korea $110 million
6. Philippines $89 million
7. Taiwan $75 million
8. Malaysia $52 million
9. Saudi Arabia $46 million
10. Australia $42 million

Source: Department of Commerce, U.S. Census Bureau, Foreign Trade Statistics

Production, Consumption, and Exports

Utilization of Potatoes

- Frozen Fries 35%
- Fresh Potatoes 25%
- Potato Chips and Shoestrings 17%
- Dehydrated (includes starch & flour) 11%
- Seed 6%
- Other Frozen Products 3%
- Canned 1%
- Other 2%

2015 crop
Totals may not add due to rounding
Source: USDA/NASS

Market Share of Exported U.S. Potatoes

- Dehydrated 24%
- Seed <1%
- Fresh Potatoes 15%
- Potato Chips 6%
- Frozen French Fries/Potatoes 54%

Source: U.S. Department of Commerce

Top 10 Producing States
(in billion pounds)

1. Idaho 13.0
2. Washington 10.0
3. Wisconsin 2.8
4. North Dakota 2.8
5. Colorado 2.3
6. Oregon 2.2
7. Michigan 1.8
8. Minnesota 1.6
9. Maine 1.6
10. California 1.4

Source: USDA/NASS