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**Nutrition Value for Potato Flake and Flour
based on 100 grams of dehydrated potato flakes dry form**

| Nutrient | Value | Units | Nutrient | Value | Units |
|---------------------|--------------|--------------|------------------------------|--------------|--------------|
| Energy | 354.00 | N/A | Niacin | 6.26 | mg |
| Protein | 8.34 | g | Vitamin B6 | .748 | mcg |
| Carbohydrates | 81.17 | g | Vitamin B12 | 0.00 | mcg |
| Dietary Fiber | 6.6 | g | Vitamin C | 81.0 | mg |
| Added Sugars | 0 | g | Vitamin D | 0.00 | IU |
| Sugars, Total | 3.36 | g | Vitamin D (D2 + D3) | 0.0 | ug |
| Fat-Total | .321 | g | Vitamin E (Alpha-tocopherol) | .03 | mg |
| Saturated Fat | .169 | g | Vitamin K | 8.7 | ug |
| Monounsaturated Fat | .009 | g | Folate, DFE | 46 | ug |
| Polyunsaturated Fat | .143 | g | Calcium | 27 | mg |
| Trans Fatty Acids | 0.00 | g | Iron | 1.21 | mg |
| Cholesterol | 0.00 | mg | Magnesium | 66.0 | mg |
| Water/Moisture | 6.58 | g | Phosphorus | 156 | mg |
| Ash | 3.54 | g | Potassium | 1098 | mg |
| Vitamin A | 11.00 | IU | Sodium | 77 | mg |
| Vitamin A, RAE | 1 | ug | Zinc | .70 | mg |
| Riboflavin | 0.11 | mg | | | |

**National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016**

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