

Potato Nutrition

Baked potatoes

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 93	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 10mg	1%

French fries

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 319	Calories from Fat 153
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 4g	20%
Trans Fat 4g	
Cholesterol 0mg	0%
Sodium 194mg	8%

Chips

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 547	Calories from Fat 330
% Daily Value*	
Total Fat 37g	58%
Saturated Fat 11g	55%
Trans Fat	
Cholesterol 0mg	0%
Sodium 525mg	22%