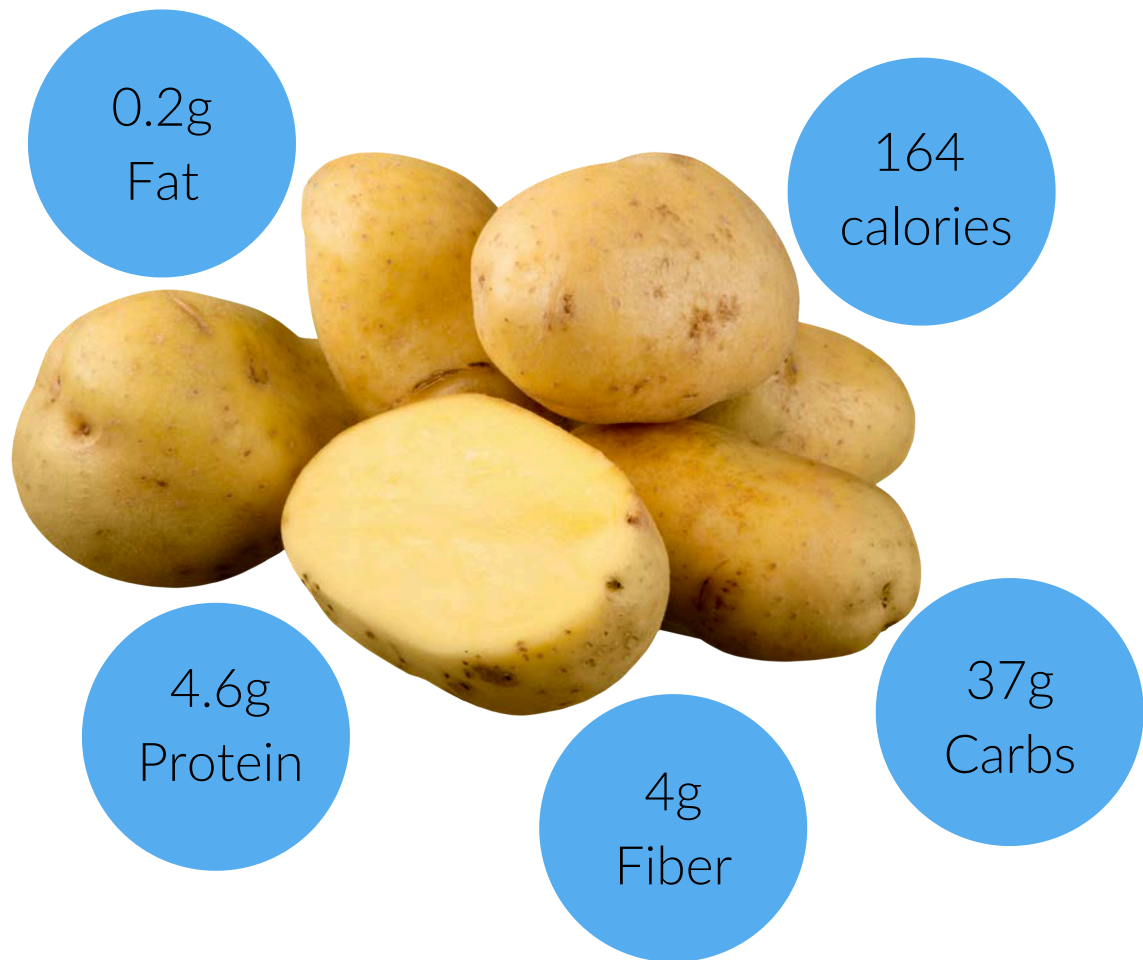


Potato Nutrition Facts



One medium baked russet potato (173g) provides 164 calories, 37 grams of carbohydrates, 4 grams of fiber, 4.6 grams of protein, 0.2 grams of fat, and 24mg of sodium. Potatoes are high in vitamins, minerals, and carbohydrates.

- Calories: 164
- Fat: 0.2g
- Carbohydrate: 37g
- Fiber: 4g
- Sodium: 24mg
- Protein: 4.6g

Potato Health Benefits

Regulates Blood Pressure

Potatoes are high in potassium, which helps regulate blood pressure and fluid balance. Potassium is also essential for normal muscle and nerve function.



Supports the Immune System

Potatoes are rich in vitamin C, which is needed for normal immune system function, blood clotting, and strong connective tissue and blood vessel walls.



Repairs Oxidative Damage

Potatoes have a good concentration of antioxidant phytonutrients, including vitamin C, carotenoids, and polyphenols, which help repair cells damaged by oxidative stress.



Prevents Chronic Diseases

Potatoes are a good source of dietary fiber, which is important for digestion, blood sugar control, weight management, and heart health.

