

Potatoes



About Potatoes

- A potato is packed with potassium, fiber, vitamin C, B6, and iron.
- There are many different kinds of potatoes such as russet, red, white, purple, fingerling and petite potatoes.
- All potatoes have a slight difference in appearance and taste but are still delicious.

Selecting and Storing

- Ideally, potatoes should be stored in a cellar, where they can remain for several months at a temperature of 45 to 50 degrees. Putting potatoes in the fridge will cause the starch to turn to sugar, which is not desired.
- Once a potato is cut, it should be cooked quickly or it will go bad.

www.scph.org

Potatoes



About Potatoes

- A potato is packed with potassium, fiber, vitamin C, B6, and iron.
- There are many different kinds of potatoes such as russet, red, white, purple, fingerling and petite potatoes.
- All potatoes have a slight difference in appearance and taste but are still delicious.

Selecting and Storing

- Ideally, potatoes should be stored in a cellar, where they can remain for several months at a temperature of 45 to 50 degrees. Putting potatoes in the fridge will cause the starch to turn to sugar, which is not desired.
- Once a potato is cut, it should be cooked quickly or it will go bad.

www.scph.org

Potato Salad

Makes: 8 servings (1 cup)

Ingredients

8 red potatoes, cleaned and cut into cubes
5 eggs, hard boiled, cooled and chopped
1/2 cup red or white onion, chopped
1/2 cup celery, chopped
3/4 low-fat mayonnaise
4 teaspoons mustard, spicy or yellow
Black pepper to taste

Instructions

1. Place cubed potatoes in a large saucepan; cover with water.
2. Bring to a boil; cover and cook until tender but still firm, about 8 to 10 minutes.
3. Drain and bring potatoes to room temperature (can place in the fridge for about 10 minutes).
4. Combine potatoes, egg, onion, and celery in a large bowl.
5. Stir in mayonnaise, mustard, and black pepper a little at a time until you have the taste that you like.

Source: whatscooking.fns.usda.gov/recipes/food-distribution-fdd/potato-and-egg-salad

Nutrition Facts

servings per container	
Serving size	(225g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 280mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 35mg	2%
Iron 2mg	10%
Potassium 783mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

www.scph.org

Analyzed using EHSA Food Processor; version 11.4

Potato Salad

Makes: 8 servings (1 cup)

Ingredients

8 red potatoes, cleaned and cut into cubes
5 eggs, hard boiled, cooled and chopped
1/2 cup red or white onion, chopped
1/2 cup celery, chopped
3/4 low-fat mayonnaise
4 teaspoons mustard, spicy or yellow
Black pepper to taste

Instructions

1. Place cubed potatoes in a large saucepan; cover with water.
2. Bring to a boil; cover and cook until tender but still firm, about 8 to 10 minutes.
3. Drain and bring potatoes to room temperature (can place in the fridge for about 10 minutes).
4. Combine potatoes, egg, onion, and celery in a large bowl.
5. Stir in mayonnaise, mustard, and black pepper a little at a time until you have the taste that you like.

Source: whatscooking.fns.usda.gov/recipes/food-distribution-fdd/potato-and-egg-salad

Nutrition Facts

servings per container	
Serving size	(225g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 280mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 35mg	2%
Iron 2mg	10%
Potassium 783mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

www.scph.org

Analyzed using EHSA Food Processor; version 11.4