

**Q:** Are dehydrated potatoes made from real potatoes?

**A:** No. Vegetables of every color provide important nutrients to the diets of Americans.

## FACTS

- Dehydrated potatoes in the U.S. are typically made from Russet, Red and Yellow potatoes that undergo a dehydration (removal of water) process to create premium dehydrated potato products, while retaining the texture and flavor of fresh natural potatoes after rehydration.
- The products can be easily rehydrated by adding water and then most may be served immediately, though some products need to be cooked after rehydration. Dehydrated potato products, including potato dices, slices, shreds, flakes, granules and flour, are used in restaurants, delicatessens, coffee shops, institutions, bakeries, snack manufacturing, and in homes all over the world.
- Dehydrated potato products deliver the flavor, nutrition and versatility of potatoes in a convenient package and can work as an ideal ingredient for everything from soups and salads to main dishes and desserts.
- Potatoes – in all forms, including dehydrated - provide the carbohydrate, potassium, and energy you need to perform at your best (nutrient values shown in chart on page 2).<sup>1</sup> Because they are made from fresh potatoes, dehydrated potatoes deliver the same nutrients as fresh potatoes, (such as potassium, vitamin C and fiber).
  - One serving (100 grams) of mashed potatoes prepared using dehydrated potato flakes provides 113 calories, 15 grams of carbohydrate, 2.3 grams of fiber, 9.7 grams of vitamin C, and 233 milligrams of potassium.<sup>1</sup>

### Fresh vs Dehydrated Potatoes (100 grams)\*

| Potato Type                      | Calories | CHO (g) | Fiber (g) | Protein (g) | Fat (g) | Vit. C (mg) | K <sup>+</sup> (mg) |
|----------------------------------|----------|---------|-----------|-------------|---------|-------------|---------------------|
| Baked Potato *                   | 93       | 21.55   | 1.5       | 1.96        | 0.10    | 12.8        | 391                 |
| Mashed potato (granules) (20 g)  | 74       | 17.10   | 1.4       | 1.64        | 0.11    | 7.4         | 141                 |
| Mashed potato (flakes) (20 g)    | 71       | 16.23   | 1.3       | 1.67        | 0.08    | 16.2        | 220                 |
| Mashed potato* (home prep)       | 113      | 16.94   | 1.5       | 1.96        | 4.2     | 10.5        | 326                 |
| Mashed Potato* (granules prep +) | 116      | 16.13   | 1.3       | 2.13        | 4.8     | 6.5         | 155                 |
| Mashed Potato* (flakes prep +)   | 113      | 15.02   | 2.3       | 1.90        | 5.6     | 9.7         | 233                 |



\*USDA National Nutrition Database for Standard Nutrient Reference- Release 28

**Note:** CHO refers to Carbohydrate and K+ refers to Potassium.

## REFERENCES

- US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016. Internet: <http://www.ars.usda.gov/ba/bhnrc/ndl>