



POTATOES, RUSSET, FRESH

Date: December 2012

Code: 900131

PRODUCT DESCRIPTION

- Fresh Russet potatoes are U.S. No. 1 or better.

PACK/YIELD

- 900131: 5-pound bag (about 10 per bag)
- 1 medium potato is about 1 cup cooked potato.

STORAGE

- Russet potatoes should be stored in a cool, dry, dark place. Do not wash before storing.
- Do not keep potatoes in light for long periods of time. Light will turn the outer skins green and cause a bitter flavor.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Rinse potatoes well and scrub to remove dirt; try not to break the skin.
- If a potato has begun to grow sprouts, cut off the sprouts before cooking. Cut off any skin that started to turn green.
- Russet potatoes are best for baking; place potatoes on a baking pan and bake at 350 degrees F for about an hour; baking time will vary based on potato size and maturity.
- Wrapping potatoes in foil wrap before baking will produce a softer skin; unwrapped potatoes will have a crispy outer skin.
- To boil: Cut potatoes (they can be peeled or unpeeled) into pieces and place in boiling water. Cook 15 to 20 minutes and drain. If you are mashing potatoes after boiling them, they should be peeled first.
- To microwave: Use ½ cup of water per pound of potatoes and cook on high 6 to 8 minutes per pound.

USES AND TIPS

- Russet potatoes are best for baking, but can also be roasted, broiled, or mashed.
- Potato skin contains important nutrients.

- Top baked potatoes with low-fat cheese or plain yogurt, chili, broccoli, onions, or taco filling.

NUTRITION INFORMATION

- 1 medium potato counts as 1 cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups.
- 1 medium potato contains 16% of the daily recommended amount of fiber and 35% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Wash potatoes well before cooking.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 medium potato (173g), baked with skin

Amount Per Serving

Calories 170 **Calories from Fat** 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 35%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

THE PERFECT BAKED POTATO

MAKES 4 SERVINGS

Ingredients

- 4 medium-sized Russet potatoes, rinsed and dried
- 1 tablespoon plus 1 teaspoon vegetable oil (if you like)

Directions

1. Preheat oven to 350 degrees F.
2. Remove any bruises or discolored spots from potatoes with the tip of a knife.
3. Cut a small hole in each potato with a fork or sharp knife four times on each side, leaving about 1 inch between each hole. The holes allow steam to escape during baking; if you do not cut the potatoes, they may explode during baking.
4. If you want a softer skin, rub about a teaspoon of vegetable oil over each potato; for a crispy skin, do not use oil. (Wrapping the potato in foil will produce a soft skin not crispy.)

Tip

Serve hot with your favorite topping.

Nutritional Information for 1 serving (1 medium potato) of The Perfect Baked Potato							
Calories	170	Cholesterol	0 mg	Sugar	1 g	Vitamin C	18 mg
Calories from Fat	40	Sodium	20 mg	Protein	4 g	Calcium	33 mg
Total Fat	4.5 g	Total Carbohydrate	30 g	Vitamin A	1 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	3 g				

Recipe adapted from Whatscookingamerica.net.

MICROWAVE ROASTED POTATOES

MAKES 8 SERVINGS

Ingredients

- 4 medium Russet potatoes, rinsed and dried.
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Dried seasonings like parsley, rosemary, or thyme (if you like)

1. Cut potatoes into same size cubes.
2. Place in a microwave-safe dish and drizzle oil, salt, and pepper. If using dried seasonings, add that too.
3. Mix well to coat potatoes evenly.
4. Cover tightly with lid or plastic wrap. Microwave on high for 10 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Be careful when removing dish from microwave.
5. Remove lid or plastic wrap carefully to prevent burns from steam.

Nutritional Information for 1 serving of Microwave Roasted Potatoes							
Calories	180	Cholesterol	0 mg	Sugar	2 g	Vitamin C	20 mg
Calories from Fat	30	Sodium	160 mg	Protein	4 g	Calcium	20 mg
Total Fat	3.5 g	Total Carbohydrate	34 g	Vitamin A	1 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe adapted from Cooks.com.