

**Markon 100 Count Russet Potatoes, Idaho, Fresh, 1 Ea, 100/Case****Item Number: 233285** 

These are oblong with netted brown skin and white flesh from trusted Idaho grower-partners. Firm, low-sugar, moist, and starchy flesh becomes fluffy and light when cooked.

- First Crop is whole fruits and vegetables packed to detailed specifications for quality and yield
- Sourced from growers who utilize sustainable crop practices
- Backed by the field-to-table 5-Star Food Safety Program, which monitors safety at five key points



100/Case

\$13.09
\$0.13/ea

QTY

NutritionBased On: AP Potato, Baker, Idaho, Markon Rounding: On **Ingredients**

Potatoes. COMMON ALLERGENS PRESENT: NONE. Nutrition and Ingredient statement updated July 2015. The nutrition and ingredient information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 each (173g)	
Amount Per Serving	
Calories 160	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 15mg	1%
Potassium	n/a
Carbohydrates 37g	12%
Fiber 4g	16%
Sugar 2g	
Protein 4g	8%
Vitamin A IU 0% Vitamin C 30% Calcium 2% Iron 10%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	16.8 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	30 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a