



Potato

Selection:

Choose potatoes that are clean, firm, smooth, dry, uniform in size, and without eyes or green tint.

Storage:

Store unwashed potatoes in a cool, dark, well ventilated place for up to 5 weeks.

Dry Storage: Up to 5 weeks

Use:

Wash potatoes carefully with a brush under running water. If boiling, place in a heavy pot and cover with cold water. Gently boil the water until the potatoes are tender. If baking, place in oven at 400°F for 40-60 minutes.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Potatoes can be sold in pre-weighed and priced packages or per pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the amount of potatoes you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

$$\text{Total Weight (lbs)} \times \text{Price} = \text{Cost of Potatoes}$$

Use this table to find the total cost.

Example: What is the total cost for 3.5 lbs of Potatoes at \$1.19 per lb? **3.5 lbs x \$1.19 = \$4.17**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

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Nutrition:

1 medium Potato

Nutrition Facts	
Serving Size 1 medium (148g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 6%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store.

This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1 medium potato. All potatoes are not the same size, but you can use this to estimate the nutrition content for smaller or larger potatoes.

Recipe:

Broccoli Baked Potatoes

Preparation Time: 90 minutes

Serves 6

Cups of Vegetables per Serving: 1¼

Ingredients:

- 6 medium potatoes
- 3 stalks broccoli
- ¼ cup skim milk
- 1 cup shredded low-fat cheddar cheese, divided
- ½ teaspoon black pepper



Preparation:

- 1.) Preheat oven to 450°F. Scrub potatoes and make shallow slits around the middle of the potatoes.
- 2.) Bake until done, about 40-60 minutes, depending on size.
- 3.) Peel the broccoli stems and steam the whole stalks until they are tender and chop finely.
- 4.) Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli.
- 5.) Add the milk, ¾ cup cheese, and pepper.
- 6.) Mash together until the mixture is pale green with dark green flecks.
- 7.) Heap into the potato skins and sprinkle with the remaining cheese.
- 8.) Return to oven for about 15 minutes to heat through.

Nutrition Information per Serving:

Calories 346, Total Fat 7 g, Cholesterol 20 mg, Sodium 327 mg, Carbohydrates 44 g, Dietary Fiber 14 g, Protein 24 g.