

# Idaho Potato



## Idaho Potato Facts

- Idaho produces more potatoes than any other state in the nation!
- Nearly 300,000 acres of potatoes are harvested in Idaho each year – WOW!
- Idaho produces about 10-15 billion pounds of potatoes annually.

## Nutrition Facts

A small potato (5.3 oz):

- Contains about 825 mg of potassium, which is more than a banana.
- Is 110 calories and contains no fat or cholesterol.
- Can provide up to 21% of the daily value for vitamin C.
- Contains about 3 grams of fiber and 4 grams of protein.
- Healthy Hint: Leave the skin on your potato. It contains many of the nutrients.

## Baked Idaho® Potato Fries

### Ingredients:

4 large Idaho potatoes, well-scrubbed  
Cooking Spray  
¼ teaspoon of salt

### Directions:

1. Preheat oven to 450 °F.
2. Cut each potato into eight lengthwise wedges. Place potatoes in an ungreased baking pan. Spray potatoes evenly with cooking spray.
3. Bake 20 minutes. Remove potatoes from oven. Turn them over using a spatula and return to the oven to bake an additional 10 minutes, or until golden.
4. Season the pan with ¼ tsp. salt and serve hot.

These are great dipped in your favorite sauce.

### Nutrition:

4 servings. 278 calories per serving, 1 gm fat, 0 mg cholesterol, 154 mg sodium, 6 gm protein, 64 gm carbohydrates

Recipe from: [www.IdahoPotato.com](http://www.IdahoPotato.com)

