



# Perfect potatoes!

## Potatoes are healthy!

- Fat makes up only 0.1% of a potato (Table 1).

**Table 1: Approximate composition of the potato.**

Water	80%
<u>Total solids</u>	<u>20%</u>
Protein	2.0
Fat	0.1
Carbohydrate	16.9
Ash	1.0

Source: J.A. Woolfe, "The Potato in the Human Diet"

- A 100g potato contains only about 335kJ (80 calories) - it is the ways in which potatoes are often prepared which give them the reputation of being fattening (Table 2).

**Table 2: Energy in potatoes cooked by different methods (kJ per 100g)**

Uncooked	335
Boiled	301
Baked	414
Mashed (with milk & margarine)	444
Roasted (in shallow fat)	657
French fries	1165
Crisps	2305

Source: J.A. Woolfe, "The Potato in the Human Diet"

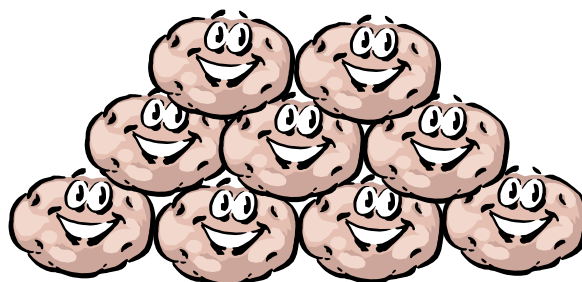
- Potatoes are also a rich source of potassium, magnesium, iron, vitamin C and three B group vitamins (niacin, thiamine and riboflavin).
- *There are many interesting ways to prepare potatoes without making them less healthy!*

## Match the variety with your cooking needs!

- There are many different varieties of potatoes available for home consumption. The characteristics of different varieties make them suitable for particular methods of cooking.
- Cooking a variety by an unsuitable method can produce disappointing results. The table printed overleaf will help you to choose the right variety for your purpose (please note that some varieties may not always be readily available).

## Hot potato tips!

- For maximum storage life, store potatoes in a cool, dark, dry place and remove them from plastic bags.
- **Do not eat potatoes which show greening.** Exposure to light causes both greening and increased levels of glycoalkaloid compounds in the tuber. High levels of glycoalkaloids can cause illness. For the same reason, potato sprouts should never be eaten.
- Peel potatoes thinly or cook them in their skins, to retain the vitamins found just beneath the skin.
- Potatoes sometimes darken after boiling. To prevent this, add a small amount of lemon juice or vinegar to the cooking water.



# CHOOSING THE RIGHT POTATO VARIETY

Variety	Characteristics			Cooking value					
	Shape	Skin colour	Flesh colour	Boil	Salad	Mash	Bake	Roast	Fry
<i>Atlantic</i>	round	white	white	*	nr	*	**	***	***
<i>Bintje</i>	long oval	pale yellow	light yellow	***	***	**	**	**	**
<i>Bison</i>	round	rich red	white	**	**	**	**	***	nr
<i>Carlingford</i>	round oval	cream	white	**	**	*	**	*	nr
<i>Coliban</i>	round	white	white	*	*	**	***	**	**
<i>Crystal</i>	oval	cream	cream	**	*	**	**	**	**
<i>Delaware</i>	oblong	white	white	**	**	**	**	*	**
<i>Desiree</i>	long oval	pink	pale yellow	***	**	*	*	**	*
<i>Exton</i>	round	white	white	**	*	**	**	**	*
<i>Kennebec</i>	oval	white	white	**	*	**	**	**	***
<i>Kestrel</i>	oval to oblong	cream/purple	cream	**	*	**	**	**	*
<i>King Edward</i>	oval to pear	cream/pink	cream	**	*	**	***	**	**
<i>Kipfler</i>	long (thin)	yellow	light yellow	**	***	nr	*	**	nr
<i>Lustre</i>	oval	white	white	***	*	*	**	**	*
<i>Mondial</i>	long oval	pale yellow	pale yellow	**	*	*	**	**	nr
<i>Nadine</i>	round oval	cream	white	**	**	*	*	*	nr
<i>Nicola</i>	long oval	yellow	deep yellow	***	**	**	*	**	*
<i>Otway Red</i>	round	red	white	***	**	**	**	***	*
<i>Pink Eye</i>	round oval	cream/purple	yellow	**	**	*	**	**	**
<i>Pink Fir Apple</i>	knobbly finger	pale pink	yellow	**	***	*	*	*	**
<i>Pontiac</i>	round	pale red	white	***	**	**	**	**	nr
<i>Purple Congo</i>	knobbly finger	purple	purple	*	**	*	**	**	*
<i>Red La Soda</i>	round	crimson	white	**	*	**	**	**	nr
<i>Red Rascal</i>	round flat	crimson	cream	**	**	*	**	**	*
<i>Royal Blue</i>	oval oblong	blue	cream yellow	**	*	**	**	**	*
<i>Ruby Lou</i>	oval	pink	cream yellow	**	*	**	*	**	**
<i>Russet Burbank</i>	long	russet	white	*	nr	*	***	**	***
<i>Sebago</i>	oval	white	white	**	**	**	**	**	**
<i>Shine</i>	oval	white	white	**	nr	***	**	***	*
<i>Sonic</i>	round oval	white/pink	cream	**	*	**	**	**	***
<i>Spunta</i>	long	pale yellow	pale yellow	**	**	*	**	**	nr
<i>Toolangi Delight</i>	round	purple	white	***	**	***	**	**	*
<i>White Star</i>	oblong	cream	cream	**	**	***	**	**	**



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**Key:** \*\*\* Excellent      \* Fair  
           \*\* Good                nr Not recommended