



No fat or cholesterol and minimal sodium vitamin C and B organic potatoes white- skinned rich source of vitamins

Specifications :

Price	FOB US \$200 - 300 / Ton
Brand Name	Potato
Model Number	P1104
Place of Origin	Shandong China (Mainland)
Min.Order Quantity	1 Carton
Payment Terms	T/T with 30% before production, 70% balance before delivery; L/C
Supply Ability	Supply four seasons; 280 Metric Ton/ Metric Tons per Month
Delivery Detail	around 7 days after receipt of 30% deposit
Packaging Details	10kg/carton,10kg/mesh bag, 20kg/mesh bag, as your requirements.

Detail Introduction :

**No fat or cholesterol and minimal sodium vitamin C and B organic potatoes white-skinned
rich source of vitamins**

Quick Detail:

Product Type: Potato

Type: Potato

Style: Fresh

Cultivation Type: Common

Shape: Long

Maturity: 100%

Certification: ISO 9001, SGS, HACCP, GLOBAL GAP

Size (cm): 10

Weight (kg): 0.15



Place of Origin: Shandong China (Mainland)

Brand Name: FED (Fresh Every Day)

Model Number: P1104

Description:

Fresh Holland 15 potato 150g up packed in mesh bag Holland 15 potato for Singapore market Shandong fresh Holland 15 Potato

1) Our Advantage: we have our own plant for processing Holland potato.

2) Standard: top grade, suitable to exporting to all over the world.

3) Place of Origin: Shandong province, China

4) Features: Good quality, smooth, yellow inside and nature yellow skin.

5) Supplying period:

A. Cold storage season: from August to November.

B. Fresh season in Shandong: from Feb. to April, from May to July, from November to Dec.

6) Sizes:

A. Cold storage potato size in Shandong: 75 - 150g, 100 - 200g, 125 - 200g, 200g and up.

B. Fresh potato size in Shandong: 50 - 100g, 100 - 150g, 150 - 200g, 200g and up.

7) Packing: we can pack according to your requirement by ctn or mesh bag

8) Weight/conveyance:

A.26-31MT/40' reefer container, packing: carton.

B.26-32MT/40' reefer container, packing: mesh bag.

9) Shipment port: Qingdao port, China.

10) Inspection Certificate: Certificate of Origin, Phytosanitary Certificate and Inspection Certificate of Quantity

Name	No fat or cholesterol and minimal sodium vitamin C and B organic potatoes white-skinned rich source of vitamins
Variety	Potato
Origin	Shandong China (Mainland)



Characteristic	1) clean surface, no insect, no stain, no fleck, thin skin, complete body. 2) yellow flesh, no fibre, rich nutritions for human health. 3) Long shelf life, can be up to more than 2year when properly stored.
Size	A. Cold storage potato size in Shandong: 75 - 150g, 100 - 200g, 125 - 200g, 200g and up. B. Fresh potato size in Shandong: 50 - 100g, 100 - 150g, 150 - 200g, 200g and up. C. Fresh potato size in Northeast: 125-250g.
Weight/ Conveyance	A.26-31MT/40' reefer container, packing: carton. B.26-32MT/40' reefer container, packing: mesh bag.
Packing	10kg/carton,10kg/mesh bag,20kg/mesh bag, as your requirements.
Nutritions	Amylum, vitamin, and many other micro-nutritions.
Payment terms	T/T, L/C
Min. order	One Carton
Supply period	all year round. In Shandong local, new harvest from Feb. to Jul, Cold-stored from Aug. to Dec. in the same year.
Delivery time	around 7 days after receipt of 30% deposit
Payment terms	T/T with 30% before production, 70% balance before delivery; L/C

Specifications:

Fresh Holland 15 potato 150g up packed in mesh bag Holland 15 potato for Singapore market Shandong fresh Holland 15 Potato

- 1.Size: 75-10g,100-150g,150g-200g up
- 2.Packing: 10kg /mesh bag,20kg /mesh bag
- 3.Supply from our own plant base and factory

Competitive Advantage:

- 1.We have our own factory & guarantee the quality
- 2.We have enough supply ability
- 3.We can supply more competitive price and service

A corn, yellow	B rice, white, long-grain, regular, raw
C wheat, hard red winter	D potato, flesh and skin, raw
E cassava, raw	F soybeans, green, raw



G sweet potato, raw, unprepared	H sorghum, raw
Y yam, raw	Z plantains, raw

Potato, raw, with skin			
Nutritional value per 100 g (3.5 oz)			
Energy	321 kJ (77 kcal)	Folate (vit. B9)	16 ?g (4%)
Carbohydrates	17.47 g	Vitamin C	19.7 mg (24%)
- Starch	15.44 g	Vitamin E	0.01 mg (0%)
- Dietary fiber	2.2 g	Vitamin K	1.9 ?g (2%)
Fat	0.1 g	Calcium	12 mg (1%)
Protein	2 g	Iron	0.78 mg (6%)
Water	75 g	Magnesium	23 mg (6%)
Thiamine (vit. B1)	0.08 mg (7%)	Manganese	0.153 mg (7%)
Riboflavin (vit. B2)	0.03 mg (3%)	Phosphorus	57 mg (8%)
Niacin (vit. B3)	1.05 mg (7%)	Potassium	421 mg (9%)
Pantothenic acid (B5)	0.296 mg (6%)	Sodium	6 mg (0%)
Vitamin B6	0.295 mg (23%)	Zinc	0.29 mg (3%)

See the table below for in depth analysis of nutrients:

Potatoes (*Solanum tuberosum*),
Nutritive value per 100 g.

Principle	Nutrient Value	Percentage of RDA
Energy	70 Kcal	3.5%
Carbohydrates	15.90 g	12%
Protein	1.89 g	3%



Total Fat	0.10 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.5 g	7%
Vitamins		
Folates	18mcg	4.5%
Niacin	1.149 mg	7%
Pantothenic acid	0.279 mg	6%
Pyridoxine	0.239 mg	18%
Riboflavin	0.038 mg	3%
Thiamin	0.081 mg	7%
Vitamin A	7 IU	<1%
Vitamin C	11.4 mg	20%
Vitamin K	2.9 mcg	2.5%
Electrolytes		
Sodium	6 mg	0.4%
Potassium	455 mg	10%
Minerals		
Calcium	10 mg	1%
Iron	0.73 mg	9%
Magnesium	22mg	5.5%
Manganese	0.141mg	6%
Phosphorus	61 mg	9%
Zinc	0.33 mg	3%
Phyto-nutrients		
Carotene-β	4 mcg	--
Crypto-xanthin-β	0 mcg	--
Lutein-zeaxanthin	21 mcg	--

Storage



Storage facilities need to be carefully designed to keep the potatoes alive and slow the natural process of decomposition, which involves the breakdown of starch. It is crucial that the storage area is dark, well ventilated and for long-term storage maintained at temperatures near 4 °C (39 °F). For short-term storage before cooking, temperatures of about 7 to 10 °C (45 to 50 °F) are preferred.

On the other hand, temperatures below 4 °C (39 °F) convert potatoes' starch into sugar, which alters their taste and cooking qualities and leads to higher acrylamide levels in the cooked product, especially in deep-fried dishes—the discovery of acrylamides in starchy foods in 2002 has led to many international health concerns as they are believed to be possible carcinogens and their occurrence in cooked foods are currently under study as possible influences in potential health problems.

Under optimum conditions possible in commercial warehouses, potatoes can be stored for up to ten to twelve months. When stored in homes, the shelf life is usually only a few weeks. If potatoes develop green areas or start to sprout, these areas should be trimmed before using. Trimming or peeling green areas are inadequate to remove present toxins, and such potatoes are no longer suitable as animal food.

Commercial storage of potatoes involves several phases: drying of surface moisture; a wound healing phase at 85% to 95% relative humidity and temperatures below 25 °C (77 °F); a staged cooling phase; a holding phase; and a reconditioning phase, during which the tubers are slowly warmed. Mechanical ventilation is used at various points during the process to prevent condensation and accumulation of carbon dioxide.

Selection and storage

Fresh potatoes are readily available in the stores everywhere. Look for tubers that feature firm in texture and have smooth waxy, instead of dry, surface. They normally have numerous "eyes" on their surface. Avoid those that feature soft in hand, have slumpy appearance, with cuts, patches and bruises.

Oftentimes, you may come across greenish discoloration with sprouts over their surface. Do not buy them since the discoloration is indication of outdated stock and formation of toxic alkaloid **solanine**.

At home, they should be stored in cool, dry and dark place. Exposure to sunlight and excess moisture will cause potatoes to sprout and to form toxic alkaloid **solanine**.

Applications:

Uses

Potatoes are used to brew alcoholic beverages such as vodka, potcheen, or akvavit.

They are also used as food for domestic animals.

Potato starch is used in the food industry as, for example, thickeners and binders of soups and sauces, in the textile industry, as adhesives, and for the manufacturing of papers and boards.

Maine companies are exploring the possibilities of using waste potatoes to obtain polylactic acid for use in plastic products; other research projects seek ways to use the starch as a base for biodegradable packaging.

Potato skins, along with honey, are a folk remedy for burns in India. Burn centers in India have experimented with the use of the thin outer skin layer to protect burns while healing.

Potatoes (mainly Russets) are commonly used in plant research. The consistent parenchyma tissue, the clonal



nature of the plant and the low metabolic activity provide a very nice "model tissue" for experimentation. Wound-response studies are often done on potato tuber tissue, as are electron transport experiments. In this respect, potato tuber tissue is similar to *Drosophila melanogaster*, *Caenorhabditis elegans* and *Escherichia coli*: they are all "standard" research organisms.

Culinary uses

Various potato dishes

Potatoes are prepared in many ways: skin-on or peeled, whole or cut up, with seasonings or without. The only requirement involves cooking to swell the starch granules. Most potato dishes are served hot, but some are first cooked, then served cold, notably potato salad and potato chips/crisps.

Common dishes are: mashed potatoes, which are first boiled (usually peeled), and then mashed with milk or yogurt and butter; whole baked potatoes; boiled or steamed potatoes; French-fried potatoes or chips; cut into cubes and roasted; scalloped, diced, or sliced and fried (home fries); grated into small thin strips and fried (hash browns); grated and formed into dumplings, Rösti or potato pancakes. Unlike many foods, potatoes can also be easily cooked in a microwave oven and still retain nearly all of their nutritional value, provided they are covered in ventilated plastic wrap to prevent moisture from escaping; this method produces a meal very similar to a steamed potato, while retaining the appearance of a conventionally baked potato. Potato chunks also commonly appear as a stew ingredient.

Potatoes are boiled between 10 and 25 minutes, depending on size and type, to become soft.

Preparation and serving methods

Being a root vegetable they often subjected to infestation and therefore wash them thoroughly before cooking. Fresh, cleaned tubers can be enjoyed with skin to derive benefits of fiber and vitamins.

Potato dishes are prepared in many ways:

Skin-on or peeled, whole or cut up, with seasonings or without.

Mashed potatoes- first boiled and peeled, and then mashed with milk or yogurt and butter.

Whole baked, boiled or steamed.

French-fried potatoes or chips.

Prepare delicious soup/chowder with leeks, corn, onion and seasoning with salt and pepper.

Cut into cubes and roasted; scalloped, diced, or sliced and fried.

Grated and prepare dumplings, and pancakes.

Safety profile



Potatoes may contain toxic alkaloids, solanine and chaconine. These alkaloids present in the greatest concentrations just underneath the skin and increase proportionately with age and exposure to sun light. Cooking at high temperatures (over 170 °C) partly destroys these toxic substances.

When consumed in sufficient amounts, these compounds may cause headache, weakness, muscle cramps and, in severe cases loss of consciousness and coma; however, poisoning from potatoes occurs very rarely. Exposure to light also causes green discoloration; thus giving a visual clue as areas of the tuber that may have more toxins; however, this does not provide a definitive clue, as greening and solanine accumulation can occur independently to each other. Some varieties contain greater solanine concentrations than others.

Nutrition

The potato contains vitamins and minerals, as well as an assortment of phytochemicals, such as carotenoids and natural phenols. Chlorogenic acid constitutes up to 90% of the potato tuber natural phenols. Others found in potatoes are 4-O-caffeoylquinic acid (crypto-chlorogenic acid), 5-O-caffeoylquinic (neo-chlorogenic acid), 3,4-dicaffeoylquinic and 3,5-dicaffeoylquinic acids. A medium-size 150 g (5.3 oz) potato with the skin provides 27 mg of vitamin C (45% of the Daily Value (DV)), 620 mg of potassium (18% of DV), 0.2 mg vitamin B6 (10% of DV) and trace amounts of thiamin, riboflavin, folate, niacin, magnesium, phosphorus, iron, and zinc. The fiber content of a potato with skin (2 g) is equivalent to that of many whole grain breads, pastas, and cereals.

The potato is best known for its carbohydrate content (approximately 26 grams in a medium potato). The predominant form of this carbohydrate is starch. A small but significant portion of this starch is resistant to digestion by enzymes in the stomach and small intestine, and so reaches the large intestine essentially intact. This resistant starch is considered to have similar physiological effects and health benefits as fiber: It provides bulk, offers protection against colon cancer, improves glucose tolerance and insulin sensitivity, lowers plasma cholesterol and triglyceride concentrations, increases satiety, and possibly even reduces fat storage. The amount of resistant starch in potatoes depends much on preparation methods. Cooking and then cooling potatoes significantly increases resistant starch. For example, cooked potato starch contains about 7% resistant starch, which increases to about 13% upon cooling.

The cooking method used can significantly affect the nutrient availability of the potato.

Potatoes are often broadly classified as high on the glycemic index (GI) and so are often excluded from the diets of individuals trying to follow a low-GI diet. In fact, the GI of potatoes can vary considerably depending on type (such as red, russet, white, or Prince Edward), origin (where it was grown), preparation methods (i.e., cooking method, whether it is eaten hot or cold, whether it is mashed or cubed or consumed whole, etc.), and with what it is consumed (i.e., the addition of various high-fat or high-protein toppings).

In the UK, potatoes are not considered by the NHS as counting towards the five portions of fruit and vegetables diet.

Potato nutrition facts

Potato, nutritionally rich tuberous root vegetable, is a good source of starch, vitamins and fiber. The humble tuber is one of the most widely grown perennial crops and one of the cheap staple food items of the poor population all over the world. Botanically, it belongs to the various perennial subspecies of *Solanum tuberosum* of the Solanaceae family.

Health benefits of Potato



Potatoes are one of the richest sources of starch, vitamins, minerals and **dietary fiber**. 100 g provides 70 calories, however, they contain very little fat (just 0.1 g per 100 g) and no cholesterol.

They are very good natural sources of both soluble and insoluble fiber. The dietary fiber in them increases the bulk of the stool, thus, it helps prevent constipation, decrease absorption of dietary cholesterol and thereby lower plasma LDL cholesterol. Additionally, the rich fiber content also helps protect from colon polyps and cancer.

The fiber content aids in slow digestion starch and absorption of simple sugars in the gut. It thus helps keep blood sugar levels within the normal range and avoid wide fluctuations. For the same reason, potato is considered as a reliable source of carbohydrates in diabetics.

The tubers are one of the richest sources of B-complex group of vitamins such as pyridoxine (vitamin B6), thiamin, niacin, pantothenic acid and folates.

Fresh potato along with its skin is a good source of antioxidant vitamin; vitamin-C. 100 g of fresh tuber provides 11.4 mg or 20% of daily required levels of this vitamin. Regular consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.

They also contain adequate amounts of many essential minerals like Iron, manganese, magnesium, phosphorus, copper and potassium.

Red and russet potatoes contain a good amount of vitamin A, and antioxidant flavonoids like carotenoids and zeaxanthins.

Recent studies at Agricultural Research Service (by plant genetics scientist Roy Navarre) suggest that flavonoid antioxidant, **quercetin** present in potatoes has anti-cancer and cardio-protective properties.

Nutrient content of major staple foods										
STAPLE:	Maize / Corn[A]	Rice [B]	Wheat [C]	Potato [D]	Cassava [E]	Soybean (Green) [F]	Sweet potato [G]	Sorghum [H]	Yam [Y]	Plantain [Z]