Healthy Long Holland Potato Heath Benifits Containing Vitamin C

Specifications :

Price	FOB US $200 - 300 / Ton
Brand Name	Potato
Model Number	P923
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.
Color	Bright and natural yellow skin
Maturity	100%
Product Type	Potato
Shape	Long
Style	Fresh
Weight	0.15kg

Detail Introduction :

Healthy Long Holland Potato Heath Benifits Containing Vitamin C

Quick Detail:

Product Type: Potato

Type: Potato

Style: Fresh

Cultivation Type: Common

Shape: Long

Maturity: 100%

Certification: ISO 9001, SGS, HACCP

Size (cm): 10

Weight (kg): 0.15

Place of Origin: Shandong China (Mainland)

Brand Name: Potato

Model Number: P922

Description:

plant potatoes agricultural potato/sweet potato planting

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

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

Specifications:

plant potatoes agricultural potato/sweet potato planting

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

Potato, raw, with skin	
Nutritional value per 100 g (3.5 oz)	
Energy	321 kJ (77 kcal)
Carbohydrates	17.47 g
- Starch	15.44 g
- Dietary fiber	2.2 g
Fat	0.1 g
Protein	2 g
Water	75 g
Thiamine (vit. B1)	0.08 mg (7%)
Riboflavin (vit. B2)	0.03 mg (3%)
Niacin (vit. B3)	1.05 mg (7%)
Pantothenic acid (B5)	0.296 mg (6%)
Vitamin B6	0.295 mg (23%)
Folate (vit. B9)	16 ?g (4%)

Vitamin C	19.7 mg (24%)
Vitamin E	0.01 mg (0%)
Vitamin K	1.9 ?g (2%)
Calcium	12 mg (1%)
Iron	0.78 mg (6%)
Magnesium	23 mg (6%)
Manganese	0.153 mg (7%)
Phosphorus	57 mg (8%)
Potassium	421 mg (9%)
Sodium	6 mg (0%)
Zinc	0.29 mg (3%)

Applications:

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.

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 copresent 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.

Name	plant potatoes agricultural potato/sweet potato planting
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

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.

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]	P [Z
Component (per 100g portion)	Amount	Amount	Amount	Amount	Amount	Amount	Amount	Amount	Amount	A
Water (g)	10	12	13	79	60	68	77	9	70	6
Energy (kJ)	1528	1528	1369	322	670	615	360	1419	494	5

Protein (g)	9.4	7.1	12.6	2.0	1.4	13.0	1.6	11.3	1.5	1
Fat (g)	4.74	0.66	1.54	0.09	0.28	6.8	0.05	3.3	0.17	0
Carbohydrates (g)	74	80	71	17	38	11	20	75	28	3
Fiber (g)	7.3	1.3	12.2	2.2	1.8	4.2	3	6.3	4.1	2
Sugar (g)	0.64	0.12	0.41	0.78	1.7	0	4.18	0	0.5	1
Calcium (mg)	7	28	29	12	16	197	30	28	17	3
Iron (mg)	2.71	0.8	3.19	0.78	0.27	3.55	0.61	4.4	0.54	0
Magnesium (mg)	127	25	126	23	21	65	25	0	21	3
Phosphorus (mg)	210	115	288	57	27	194	47	287	55	3
Potassium (mg)	287	115	363	421	271	620	337	350	816	4
Sodium (mg)	35	5	2	6						