



# Yellow Thin Skin Fresh Holland Potato Health Benifits Contains Rich Starch, skin smooth but not thick

## 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.
Characteristic	clean surface
Color	Yellow
Maturity	100%
Product Type	Potato
Shape	Long
Style	Fresh
Weight	0.15kg

## Detail Introduction :

**Yellow Thin Skin Fresh Holland Potato Health Benifits Contains Rich Starch, skin smooth but not thick**

### 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:**

Chinese Holland 7 potato, fresh holland potato 7 fresh frozen potato for DuBai

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	<b>Yellow Thin Skin Fresh Holland Potato Health Benifits Contains Rich Starch, skin smooth but not thick</b>
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.

### 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, phosphorous, copper and potassium.

Red and russet potatoes contain good amount vitamin A, and antioxidant flavonoids like carotenes and zeaxanthins.

Recent studies at Agricultural research service (by plant genetics scientist Roy Navarre) suggests 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]
Component (per 100g portion)	Amount	Amount	Amount	Amount	Amount	Amount	Amount	Amount	Amount	Amount
Water (g)	10	12	13	79	60	68	77	9	70	65
Energy (kJ)	1528	1528	1369	322	670	615	360	1419	494	511
Protein (g)	9.4	7.1	12.6	2.0	1.4	13.0	1.6	11.3	1.5	1.3
Fat (g)	4.74	0.66	1.54	0.09	0.28	6.8	0.05	3.3	0.17	0.37
Carbohydrates (g)	74	80	71	17	38	11	20	75	28	32
Fiber (g)	7.3	1.3	12.2	2.2	1.8	4.2	3	6.3	4.1	2.3
Sugar (g)	0.64	0.12	0.41	0.78	1.7	0	4.18	0	0.5	15
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	0.6
Magnesium (mg)	127	25	126	23	21	65	25	0	21	37
Phosphorus (mg)	210	115	288	57	27	194	47	287	55	34
Potassium (mg)	287	115	363	421	271	620	337	350	816	499
Sodium (mg)	35	5	2	6	14	15	55	6	9	4
Zinc (mg)	2.21	1.09	2.65	0.29	0.34	0.99	0.3	0	0.24	0.14
Copper (mg)	0.314	0.22	0.434	0.11	0.10	0.13	0.15	-	0.18	0.08
Manganese (mg)	0.485	1.09	3.985	0.15	0.38	0.55	0.26	-	0.40	-
Selenium (?g)	15.5	15.1	70.7	0.3	0.7	1.5	0.6	0	0.7	1.5
Vitamin C (mg)	0	0	0	19.7	20.6	29	2.4	0	17.1	18.4
Thiamin (mg)	0.385	0.58	0.383	0.08	0.09	0.44	0.08	0.24	0.11	0.05
Riboflavin (mg)	0.201	0.05	0.115	0.03	0.05	0.18	0.06	0.14	0.03	0.05
Niacin (mg)	3.627	4.19	5.464	1.05	0.85	1.65	0.56	2.93	0.55	0.69



Pantothenic acid (mg)	0.424	1.01	0.954	0.30	0.11	0.15	0.80	-	0.31	0.26
Vitamin B6 (mg)	0.622	0.16	0.3	0.30	0.09	0.07	0.21	-	0.29	0.30
Folate Total (?g)	19	231	38	16	27	165	11	0	23	22
Vitamin A (IU)	214	0	9	2	13	180	14187	0	138	1127
Vitamin E, alpha-tocopherol (mg)	0.49	0.11	1.01	0.01						