



# Fresh Nutritional Value Organic Potatoes For People Health

## 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
Shape	Long
Size	10cm
Style	Fresh
Type	Potato
Weight	0.15kg

## Detail Introduction :

### Fresh Nutritional Value Organic Potatoes For People Health

#### 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:**

fresh potato and sweet potato wholesale hot sale 100-200g sweet 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

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:

fresh potato and sweet potato wholesale hot sale 100-200g sweet 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

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 µg (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	fresh potato and sweet potato wholesale hot sale 100-200g sweet potato
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 nutrition 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.





PIONEER GARLIC

Water (g)	10	12	13	79	60	68	77		
Energy (kJ)	1528	1528	1369	322	670	615	360		
Protein (g)	9.4	7.1	12.6	2.0	1.4	13.0	1.6		
Fat (g)	4.74	0.66	1.54	0.09	0.28	6.8	0.05		
Carbohydrates (g)	74	80	71	17	38	11	20		
Fiber (g)	7.3	1.3	12.2	2.2	1.8	4.2	3		
Sugar (g)	0.64	0.12	0.41	0.78	1.7	0	4.18		
Calcium (mg)	7	28	29	12	16	197	30		
Iron (mg)	2.71	0.8	3.19	0.78	0.27	3.55	0.61		
Magnesium (mg)	127	25	126	23	21	65	25		
Phosphorus (mg)	210	115	288	57	27	194	47		
Potassium (mg)	287	115	363	421	271	620	337		
Sodium (mg)	<p>Contact Us Mr. Alvin 86-0537-7201661 JINXIANG COUNTY. JINING .SHANDONG.CHINA View Full Details</p> <table border="1"><tbody><tr><td>From:</td><td>Enter your Email ID please.</td></tr></tbody></table> <p>Send your inquiry directly to us Send your inquiry to our good quality Fresh Nutritional Value Organic Potat People Health products. (106/3000)</p>							From:	Enter your Email ID please.
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