



**Colorado**  
SAN LUIS VALLEY  
P O T A T O E S

— YOUR GUIDE TO —  
**Variety**  
**Nutrition**



# Variety

*...is the spice of life!*

OVER 70 VARIETIES OF POTATOES ARE GROWN IN COLORADO



➔ Russets make up most of the Colorado crop, and are characterized by an even oval shape, russet brown color, net-textured skin and few shallow eyes. They have a delicate earthy flavor, a light and fluffy texture, and a hearty skin that is chewy when cooked. Russets are ideal for mashed potatoes. They also fry up crisp and golden brown, and they are the potato of choice for baking.

➔ Yellow potatoes are marble to large size; round or oblong shape; have light tan to golden skin and yellow to golden flesh.  
➔ They have a slightly waxy, velvety and moist texture. Yellows are subtly sweet; rich and buttery, and with a medium-sugar content making them great for grilling, roasting, mashing, and salads.



➔ With rosy skin and white flesh, red-skinned potatoes have a firm, smooth, moist and creamy texture. The flavor is subtly sweet and well suited for salads, soups and stews because slices and chunks maintain their shape during cooking and mixing. They are also excellent baking potatoes.



➔ The San Luis Valley grows many other potatoes varieties including specialty varieties like All-Blue, Purple Majesty, Mountain Rose and Kennebec. Purple/Blue Potatoes are small to medium-size; deep purple, blue or slightly red skin; blue, purple, pink or white flesh they have a moist texture and a firm flesh. They have an earthy, nutty flavor and are great for roasting, grilling, salads, or baking.

➔ Fingerling Potatoes are 2-4 inches long; finger-shaped; red, orange, purple or white skin; red orange, purple, yellow or white flesh—sometimes streaked with veins of color. They have a waxy firm texture, and can be used for pan frying, roasting or in salads. The flavor is referred to as nutty, buttery and earthy with a medium sugar content.



➔ VISIT US AT: [COLORADOPOTATO.ORG](http://COLORADOPOTATO.ORG)



# Potatoes pack a... Nutritional Punch

- ✓ EXCELLENT SOURCE OF VITAMIN C
- ✓ GOOD SOURCE OF POTASSIUM
- ✓ GOOD SOURCE OF VITAMIN B6
- ✓ NO CHOLESTEROL
- ✓ LOW SODIUM
- ✓ GLUTEN-FREE
- ✓ FAT-FREE



## NUTRITION ON A BUDGET

Fresh produce doesn't have to break the budget, particularly when you count on potatoes. One serving—a medium, 5.3-ounce potato—will only set you back about \$0.25. Pound for pound, potatoes continue to be one of the greatest values in the produce department. Potatoes serve up essential vitamins and minerals, fiber, and antioxidants and are low in sodium, and are fat- and cholesterol-free.

According to the USDA My Pyramid guidelines:

1 medium skin-on baked potato = 1 cup starchy vegetables

## CARBOHYDRATES FOR HEALTH

The 2010 Dietary Guidelines for Americans recommends choosing fruits, vegetables and whole grains often, while staying within energy needs, for health. These foods, as well as dairy products, provide carbohydrate as well as protein. Some people hold the misconception that they need to cut down on carbohydrates to manage body weight. But mainstream science advises that excess calories are to blame for weight gain, regardless of what foods they come from. Those calories come from three sources: carbohydrates, proteins and fats. Fats contain the most — 9 calories per gram; protein and carbohydrates each contain 4 calories per gram. Depriving yourself of carbohydrate from vegetables, like potatoes, denies your body of essential nutrients. One medium-sized potato, for example, contains zero fat and cholesterol for a satisfying 110 calories. Eaten with the skin, the potato is an excellent source of vitamin C and a good source of potassium and vitamin B6.

## Nutrition Facts

Serving size 1 potato (148g/5.3oz)

Amount Per Serving  
**Calories** **110**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 2g **8%**

Total Sugars 1g

Includes 0g Added Sugar **0%**

**Protein** 3g

Iron 1.08mg **6%**

Calcium 20mg **2%**

Vitamin D 0g **0%**

Vitamin C 27mg **45%**

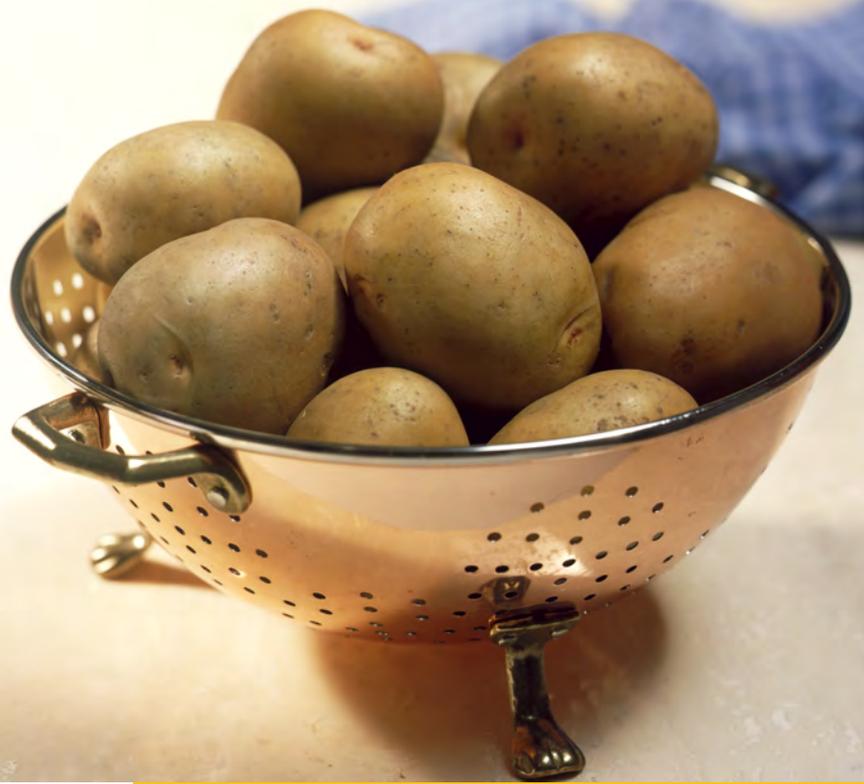
Vitamin B<sub>6</sub> 0.2mg **10%**

Potassium 620mg **18%**

The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# POTASSIUM

One medium potato with skin provides 620 milligrams or 18% of the recommended daily value (DV) of potassium per serving and is considered one of the best foods with potassium. Potatoes rank highest for foods with potassium and are among the top 20 most frequently consumed raw vegetables and fruits.



## VITAMIN C

Potatoes are an excellent source of vitamin C (45% of the DV), which is more vitamin C than one medium tomato (40% DV) or sweet potato (30% DV).

## FIBER

One medium potato with the skin contributes 2 grams of fiber or 8% of the daily value per serving.

## B6

Potatoes are a good source of vitamin B6 with one medium potato providing 10% of the recommended daily value.

## IRON

One medium potato provides 6% of the recommended daily value of iron.

## MAGNESIUM

A medium potato provides 48 mg of magnesium and research indicates potatoes contribute 5% of the total magnesium intake in the diets of Americans.

# ANTIOXIDANTS

In addition to vitamins and minerals, potatoes also contain an assortment of phytochemicals with antioxidant potential, most notably carotenoids and anthocyanins (Brown et al. 2001, 2004). Anthocyanins are found in the greatest quantities in purple and red potatoes while carotenoids are found largely in yellow and red potatoes and small amounts are found in white potatoes.



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# The San Luis Valley

*...a potato growing paradise.*

**ALL THE BEAUTY  
OF THE VALLEY...**



*...captured in every potato!*

Nestled between the San Juan and Sangre de Cristo Mountains along the Rio Grande River, Colorado's San Luis Valley provides the perfect setting for growing exceptional potatoes.

With 350 days of sunshine a year, San Luis Valley potatoes are packed with important sun-drenched nutrients, yet at an elevation of 7600 feet, our summer temperatures remain mild – ideal for potatoes and potato farmers alike. Plus the surrounding mountains provide an abundant supply of pure mountain water from the annual snow melt. Our high altitude also naturally decreases the likelihood of disease and pests. Our rich soil contains unique mineral deposits as the valley was an ancient lake bed and minerals are continuously deposited here from the numerous mountain rivers. These ideal growing conditions have made the San Luis Valley the second largest fresh potatoes region in the U.S.



Potatoes are good for...  
**Everything**  
...under the sun!



POTATOES ARE INCREDIBLY VERSATILE!

HERE'S JUST A TASTE OF THE HEALTHY DISHES YOU CAN CREATE WITH THIS AMAZING VEGETABLE:



### Mediterranean Sun Kissed Savory Potato Salad

#### INGREDIENTS:

- 3 pounds Yukon Gold potatoes or potato type of your choice (try russet, red, white, fingerling, or purple/blue gems)
- 4 sun-dried tomatoes in oil, drained and chopped
- 1/4 cup crumbled feta cheese\*
- 5 cups spinach or lettuce of your choice
- 2 tablespoons balsamic vinegar\*
- 1/4 cup olive oil
- 1 teaspoon salt
- Pepper to taste

**DIRECTIONS:** Place potatoes in a saucepan. Cover with water to 2 inches above potatoes; bring to a boil. Reduce heat and simmer 20 minutes or until tender. Drain. Or place potatoes in a large microwave-safe bowl and cover. Microwave on high for 10 to 12 minutes or until potatoes are tender. Refrigerate until cool. Cut potatoes into quarters. Place potatoes in a large bowl. Add feta cheese, sun-dried tomatoes and spinach/lettuce. Combine balsamic vinegar, olive oil, and salt and pepper; mix well and add to salad mix.

### Quick and Healthy Potato Soup

#### INGREDIENTS:

- 2 cups stock or reduced-sodium broth
- 1 1/4 lbs. white potatoes, peeled and cut into bite-size cubes
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 1 small carrot, peeled and chopped
- 1 cup fat-free half and half or milk
- 1/2 teaspoon thyme or Italian seasoning
- Sea salt or garlic salt to taste
- Freshly ground pepper to taste

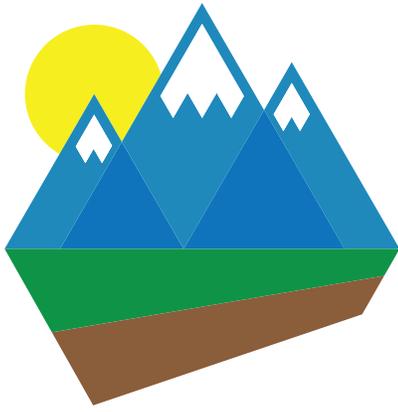
**DIRECTIONS:** Bring broth to a boil in a large saucepan. Chop vegetables while broth is heating, then add to saucepan. Return to a boil; reduce heat and simmer, covered, for 20 minutes. Let cool slightly, then puree until smooth, or until soup is desired consistency. Stir in remaining ingredients and cook for 5 minutes more. Makes 4 servings.



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# Colorado

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POTATOES

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