

INTERESTING FACT

Potatos are
80% water



Why Potatoes are 80% Water

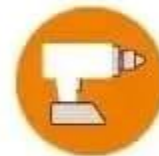
- ❖ A potato is made up of roughly 80% water and only 20% solids. Of the 20 percent solids, almost all of it is starch.
- ❖ All of the water reduces the number of calories found in the carb, as an 8-ounce potato contains only 100 calories.
- ❖ Since they are made up of such a high percentage of water, potatoes require so much water for growing. 1 pound of potatoes requires roughly 34 gallons of water to grow.

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