

DEHYDRATED POTATOES FACT CHECK



Q: Are instant potatoes made from real potatoes?

A: Yes. Instant potatoes (or dehydrated potatoes) are made from real potatoes with the water removed. They deliver all the flavor, versatility, and nutrition of a real, fresh potato because that's what they are—minus the water.

FACTS

- Instant potatoes in the U.S. are typically made from [russet](#), [red](#), and [yellow potatoes](#) that are dehydrated in a process that retains the texture and flavor of [fresh potatoes](#) once water is added back.
- Most instant potato products can be served immediately after adding water, though some need to be cooked after rehydration.
- Dehydrated potato products, including potato dices, slices, shreds, flakes, granules and flour, are used in restaurants, delis, coffee shops, bakeries, snack manufacturing, and homes all over the world.
- Because they're made from fresh potatoes, instant potatoes deliver the same nutrients, such as [potassium](#), [vitamin C](#), and [fiber](#).
 - One serving (100 grams) of mashed potatoes made from instant potato flakes contains 113 calories, 15 grams of carbohydrates to give us energy, over 2 grams of fiber to help us feel full, 11% of the vitamin C we need every day, and 5% of our daily potassium.¹

Fresh vs Dehydrated Potatoes (100 grams)*

Potato Type	Calories	CHO (g)	Fiber (g)	Protein (g)	Fat (g)	Vit. C (mg)	K+ (mg)
Baked Potato *	93	21.55	1.5	1.96	0.10	12.8	391
Mashed potato (granules) (20 g)	74	17.10	1.4	1.64	0.11	7.4	141
Mashed potato (flakes) (20 g)	71	16.23	1.3	1.67	0.08	16.2	220
Mashed potato* (home prep)	113	16.94	1.5	1.96	4.2	10.5	326
Mashed Potato* (granules prep +)	116	16.13	1.3	2.13	4.8	6.5	155
Mashed Potato* (flakes prep +)	113	15.02	2.3	1.90	5.6	9.7	233



*USDA National Nutrition Database for Standard Nutrient Reference- Release 28

Note: CHO refers to Carbohydrate and K+ refers to Potassium.

REFERENCES

1. FoodData Central, USDA, "Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added," <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169372/nutrients>. Accessed October 24, 2024.