Calorie chart: root vegetables and tubers (PDF)

Calories, protein, carbohydrate and fat for 180 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Arrowhead	1 medium (12 g)	12	**99**	5.3	20.2	0.3
Arrowhead Boiled	1 medium (12 g)	9	**78**	4.5	16.1	0.1
Arrowhead Boiled with Salt	1 corm, medium (12 g)	9	**78**	4.5	16.1	0.1
Arrowroot Raw	1 cup, sliced (120 g)	78	**65**	4.2	13.4	0.2
Au Gratin Potatoes	1 cup (245 g)	328	**134**	5.1	11.3	7.6
Au Gratin Potatoes Dry Mix	0.16 package (5.5 oz) (26 g)	82	**314**	8.9	74.3	3.7
Au Gratin Potatoes Dry Mix Prepared	0.16 package (5.5 oz) yields (137 g)	127	**93**	2.3	12.8	4.1
Au Gratin Potatoes Made with Margarine	1 cup (245 g)	323	**132**	5.1	11.3	7.6
Baby Carrots	1 NLEA serving (85 g)	30	**35**	0.6	8.2	0.1
Baked Potato Flesh	1/2 cup (61 g)	57	**93**	2	21.6	0.1
Baked Potato Flesh with Salt	1/2 cup (61 g)	57	**93**	2	21.6	0.1
Baked Potato Skin with Salt	1 skin (58 g)	115	**198**	4.3	46.1	0.1
Baked Potato with Salt	1 potato medium (2-1/4" to 3-1/4" dia) (173 g)	161	**93**	2.5	21.2	0.1
Beets	1 cup (136 g)	58	**43**	1.6	9.6	0.2
Beets Boiled with Salt	1/2 cup slices (85 g)	37	**44**	1.7	10	0.2
Beets Canned No Salt Added	1 cup (246 g)	69	**28**	0.8	6.6	0.1
Beets Canned Solids and Liquids	1 cup (246 g)	74	**30**	0.7	7.1	0.1
Boiled Potato	1 medium (2-1/4" to 3-1/4" dia.) (167 g)	144	**86**	1.7	20	0.1
Boiled Sweet Potato	1 cup, mashed (328 g)	249	**76**	1.4	17.7	0.1
Burdock Root	1 cup (1" pieces) (118 g)	85	**72**	1.5	17.3	0.2
Burdock Root Boiled	1 cup (1" pieces) (125 g)	110	**88**	2.1	21.2	0.1
Burdock Root Boiled with Salt	1 cup (1" pieces) (125 g)	110	**88**	2.1	21.2	0.1
Candied Sweet Potatoes	1 piece (2-1/2" x 2" dia) (105 g)	172	**164**	0.9	32.1	3.5
Canned Beets	1 cup, diced (157 g)	49	**31**	0.9	7.2	0.1
Canned Sweet Potatoes	1 cup (196 g)	212	**108**	1.3	25.4	0.3
Carrot	1 medium (61 g)	25	**41**	0.9	9.6	0.2
Carrots Boiled with Salt	1/2 cup slices (78 g)	27	**35**	0.8	8.2	0.2
Carrots Canned Drained	1 cup, sliced (146 g)	37	**25**	0.6	5.5	0.2
Carrots Canned No Salt Added	1/2 cup slices (123 g)	28	**23**	0.6	5.4	0.1
Carrots Canned No Salt Added Drained	1 cup, sliced (146 g)	37	**25**	0.6	5.5	0.2
Carrots Canned Solids and Liquids	1/2 cup slices (123 g)	28	**23**	0.6	5.4	0.1
Carrots Dehydrated	1 cup (74 g)	252	**341**	8.1	79.6	1.5
Carrots Frozen	1/2 cup slices (64 g)	23	**36**	0.8	7.9	0.5
Carrots Frozen Boiled	1 cup, sliced (146 g)	54	**37**	0.6	7.7	0.7
Carrots Frozen Boiled with Salt	1 cup slices (146 g)	54	**37**	0.6	7.7	0.7
Cassava	1 cup (206 g)	330	**160**	1.4	38.1	0.3
Celery Root	1 cup (156 g)	66	**42**	1.5	9.2	0.3
Celery Root Boiled	1 cup pieces (155 g)	42	**27**	1	5.9	0.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Celery Root Boiled with Salt	1 cup pieces (155 g)	42	**27**	1	5.9	0.2
Chicory Root	1 root (60 g)	43	**72**	1.4	17.5	0.2
Cooked Beets	1/2 cup slices (85 g)	37	**44**	1.7	10	0.2
Cooked Carrots	1/2 cup slices (78 g)	27	**35**	0.8	8.2	0.2
Cottage-Cut Fries Frozen No Salt Added	10 strips (65 g)	99	**153**	2.4	24	5.8
Cottage-Cut Fries Oven-Heated No Salt Added	10 strips (50 g)	109	**218**	3.4	34	8.2
Cottage-Cut Fries Oven-Heated with Salt	10 strips (50 g)	109	**218**	3.4	34	8.2
Crinkle or Regular Cut Fries Frozen	10 strip (82 g)	120	**146**	2.3	24	5
Crinkle or Regular Cut Fries Oven-Heated	10 strip (69 g)	111	**161**	2.5	27.5	5.1
Cross-Cut Fries Frozen	3 oz (85 g)	159	**187**	2.7	23	10
Crosscut Sweet Potato Fries Frozen	3 oz (85 g)	178	**209**	1.7	25.5	11.1
Daikon	1 cup slices (116 g)	21	**18**	0.6	4.1	0.1
Daikon Boiled	1 cup, sliced (147 g)	25	**17**	0.7	3.4	0.2
Daikon Boiled with Salt	1 cup slices (147 g)	25	**17**	0.7	3.4	0.2
Daikon Dried	1 cup (116 g)	314	**271**	7.9	63.4	0.7
Dehydrated Mashed Potato Flakes	1 cup (60 g)	212	**354**	8.3	81.2	0.4
Dehydrated Mashed Potato Granules	1 cup (200 g)	744	**372**	8.2	85.5	0.5
Dehydrated Mashed Potato Granules with Milk	1 cup (200 g)	714	**357**	10.9	77.7	1.1
Extruded Fries Frozen	10 strips (65 g)	169	**260**	2.8	30.2	15
Extruded Fries Oven-Heated	10 strips (50 g)	167	**333**	3.6	39.7	18.7
French Fries	10 fries (76 g)	120	**158**	2.8	25.6	5.5
French Fries Frozen No Salt Added	10 strips (65 g)	96	**147**	2.2	24.8	4.7
French Fries Oven-Heated No Salt Added	10 strip (74 g)	124	**168**	2.7	28.7	5.2
Frozen French Fries	10 strip (89 g)	131	**147**	2.2	24.8	4.7
Frozen Hash Browns	1/2 cup (105 g)	86	**82**	2.1	17.7	0.6
Harvard Beets Canned	1 cup slices (246 g)	180	**73**	0.8	18.2	0.1
Hash Browns	1 cup (156 g)	413	**265**	3	35.1	12.5
Hash Browns Frozen Pan-Fried in Canola Oil	1 cup prepared (150 g)	329	**219**	2.7	28.5	11.6
Hash Browns with Butter Sauce Frozen	1 package (6 oz) (170 g)	230	**135**	1.9	18.3	6.7
Hash Browns with Butter Sauce Prepared	100 g	178	**178**	2.5	24.1	8.8
Hawaii Mountain Yam	1/2 cup, cubes (68 g)	46	**67**	1.3	16.3	0.1
Hawaii Mountain Yam Steamed	1 cup, cubes (145 g)	119	**82**	1.7	20	0.1
Hawaii Mountain Yam Steamed with Salt	1 cup, cubes (145 g)	119	**82**	1.7	20	0.1
Hawaiian Pickled Radishes	1 cup (150 g)	42	**28**	1.1	5.2	0.3
Instant Mashed Potatoes	1 cup (210 g)	204	**97**	1.8	10.9	5.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Jicama	1 cup slices (120 g)	46	**38**	0.7	8.8	0.1
Jicama Boiled	100 g	38	**38**	0.7	8.8	0.1
Jicama Boiled with Salt	100 g	36	**36**	0.7	8.2	0.1
Lotus Root	10 slices (2-1/2" dia) (81 g)	60	**74**	2.6	17.2	0.1
Lotus Root Boiled	10 slices (2-1/2" dia) (89 g)	59	**66**	1.6	16	0.1
Lotus Root Boiled with Salt	10 slices (2-1/2" dia) (89 g)	59	**66**	1.6	16	0.1
Mashed Potato Flakes with Margarine	1 cup (210 g)	237	**113**	1.9	15	5.6
Mashed Potato Granules with Butter	1 cup (210 g)	227	**108**	2.1	14.4	5
Mashed Potato Granules with Margarine	1 cup (210 g)	227	**108**	2.1	14.4	4.9
Mashed Potato Granules with Milk Prepared	1 cup (210 g)	244	**116**	2.1	16.1	4.8
Mashed Potatoes	1 cup (210 g)	237	**113**	1.9	16.8	4.2
Mashed Potatoes Ready-to-Eat	1 cup (229 g)	243	**106**	2	13.3	5
Mashed Potatoes with Milk and Margarine	1 cup (210 g)	237	**113**	2	16.9	4.2
Mashed Potatoes with Whole Milk	1 cup (210 g)	174	**83**	1.9	17.6	0.6
Microwaved Potato	1 potato (2-3/4" dia by 4-3/4" long) (202 g)	212	**105**	2.4	24.2	0.1
Microwaved Potato Flesh	1/2 cup (78 g)	78	**100**	2.1	23.3	0.1
Microwaved Potato Flesh with Salt	1/2 cup (78 g)	78	**100**	2.1	23.3	0.1
Microwaved Potato Skin	1 skin (58 g)	77	**132**	4.4	29.6	0.1
Microwaved Potato Skin with Salt	1 skin (58 g)	77	**132**	4.4	29.6	0.1
Microwaved Potato with Salt	1 potato (2-1/3" x 4-3/4") (202 g)	212	**105**	2.4	24.2	0.1
Parsnips	1 cup slices (133 g)	100	**75**	1.2	18	0.3
Parsnips Boiled	1/2 cup slices (78 g)	55	**71**	1.3	17	0.3
Parsnips Boiled with Salt	1/2 cup slices (78 g)	55	**71**	1.3	17	0.3
Pickled Beets	1 cup slices (227 g)	148	**65**	0.8	16.3	0.1
Poi	1 cup (240 g)	269	**112**	0.4	27.2	0.1
Potato	1 potato medium (173 g)	161	**93**	2.5	21.2	0.1
Potato Boiled in Skin Flesh	1/2 cup (78 g)	68	**87**	1.9	20.1	0.1
Potato Boiled in Skin Flesh with Salt	1/2 cup (78 g)	68	**87**	1.9	20.1	0.1
Potato Boiled Peeled with Salt	1 medium (2-1/4" to 2-1/4" dia.) (167 g)	144	**86**	1.7	20	0.1
Potato Pancakes	1 medium 3-1/4 in. x 3-5/8 in., 5/8 in. thick. (37 g)	99	**268**	6.1	27.8	14.8
Potato Puffs	1 cup (128 g)	246	**192**	2.1	27.3	9.1
Potato Puffs Frozen	1 cup (120 g)	214	**178**	1.9	24.8	8.7
Potato Salad	1 cup (250 g)	358	**143**	2.7	11.2	8.2
Potato Skin	1 skin (58 g)	115	**198**	4.3	46.1	0.1
Potato Skin Boiled	1 skin (34 g)	27	**78**	2.9	17.2	0.1
Potato Skin Boiled with Salt	1 skin (34 g)	27	**78**	2.9	17.2	0.1
Potato Skin Raw	1 skin (38 g)	22	**58**	2.6	12.4	0.1
Potato Wedges Frozen	100 g	129	**129**	2.7	25.5	2.2
Potatoes Canned Drained	1 cup (180 g)	108	**60**	1.4	13.6	0.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Potatoes Canned Drained No Salt Added	1 cup (180 g)	108	**60**	1.4	13.6	0.2
Potatoes Canned Solids and Liquids	1 cup, whole (300 g)	132	**44**	1.2	9.9	0.1
Potatoes O'Brien Frozen	100 g	76	**76**	1.8	17.5	0.1
Potatoes O'Brien Frozen Prepared	100 g	204	**204**	2.2	21.9	13.2
Potatoes O'Brien Homemade	1 cup (194 g)	157	**81**	2.4	15.5	1.3
Radishes	1 cup slices (116 g)	19	**16**	0.7	3.4	0.1
Raw Potato	1 Potato medium (2-1/4" to 3-1/4" dia) (213 g)	164	**77**	2.1	17.5	0.1
Raw Russet Potato	1 Potato medium (2-1/4" to 3-1/4" dia) (213 g)	168	**79**	2.1	18.1	0.1
Raw Sweet Potato	1 cup, cubes (133 g)	114	**86**	1.6	20.1	0.1
Red Potato	1 potato medium (2-1/4" to 3-1/4" dia.) (173 g)	151	**87**	2.3	19.6	0.2
Red Potato Raw	1 potato medium (2-1/4" to 3-1/4" dia) (213 g)	149	**70**	1.9	15.9	0.1
Refrigerated Hash Browns	1 cup unprepared (159 g)	134	**84**	1.8	19.2	0.1
Refrigerated Hash Browns Pan-Fried	1 cup prepared (130 g)	315	**242**	3.2	34	10.3
Roasted Potatoes Frozen	3 oz (85 g)	108	**127**	2.2	26.2	1.8
Russet Potato	1 potato large (3" to 4-1/4" dia.) (299 g)	284	**95**	2.6	21.4	0.1
Rutabaga	1 cup, cubes (140 g)	52	**37**	1.1	8.6	0.2
Rutabaga Boiled	1 cup, cubes (170 g)	51	**30**	0.9	6.8	0.2
Rutabaga Boiled with Salt	1/2 cup, mashed (120 g)	36	**30**	0.9	6.8	0.2
Salsify Boiled	1 cup, sliced (135 g)	92	**68**	2.7	15.4	0.2
Salsify Boiled with Salt	1 cup slices (135 g)	92	**68**	2.7	15.4	0.2
Salsify Raw	1 cup slices (133 g)	109	**82**	3.3	18.6	0.2
Scalloped Potatoes	1 cup (245 g)	216	**88**	2.9	10.8	3.7
Scalloped Potatoes Dry Mix	0.16 package (5.5 oz) (26 g)	93	**358**	7.8	73.9	4.6
Scalloped Potatoes Dry Mix Prepared	1 cup (unprepared) (245 g)	228	**93**	2.1	12.8	4.3
Scalloped Potatoes Made with Margarine	1 cup (245 g)	216	**88**	2.9	10.8	3.7
Shoestring Fries Frozen	10 strip (30 g)	49	**163**	2.2	25.6	6.2
Shoestring Fries Oven-Heated	10 strip (21 g)	41	**194**	2.9	31.7	6.8
Steak Cut Fries Frozen No Salt Added	3 oz (85 g)	114	**134**	2.4	24.3	3.4
Steak Fries Frozen	10 strip (153 g)	199	**130**	2.2	23.5	3.4
Steak Fries Oven-Heated	10 strip (133 g)	197	**148**	2.6	27	3.8
Sunchokes	1 cup slices (150 g)	110	**73**	2	17.4	0
Sweet Potato	1 medium (2" dia, 5" long, raw) (114 g)	103	**90**	2	20.7	0.2
Sweet Potato Baked with Salt	1 medium (2" dia, 5" long, raw) (114 g)	103	**90**	2	20.7	0.2
Sweet Potato Boiled with Salt	1 medium (151 g)	115	**76**	1.4	17.7	0.1
Sweet Potato Canned in Syrup with Liquid	1 cup (228 g)	203	**89**	1	20.9	0.2
Sweet Potato Canned Mashed	1 cup (255 g)	258	**101**	2	23.2	0.2
Sweet Potato Canned Vacuum Pack	1 cup, mashed (255 g)	232	**91**	1.7	21.1	0.2
Sweet Potato Fries	12 fries (51 g)	93	**182**	2.2	35.6	8.9
Sweet Potato Frozen	1 cup, cubes (176 g)	169	**96**	1.7	22.2	0.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Sweet Potato Frozen Baked	1 cup, cubes (176 g)	176	**100**	1.7	23.4	0.1
Sweet Potato Frozen Baked with Salt	1 cup, cubes (176 g)	176	**100**	1.7	23.4	0.1
Sweet Potato Puffs Frozen	3 oz (85 g)	137	**161**	1.4	30.7	3.6
Taro	1 cup, sliced (132 g)	187	**142**	0.5	34.6	0.1
Taro Cooked with Salt	1 cup slices (132 g)	187	**142**	0.5	34.6	0.1
Taro Raw	1 cup, sliced (104 g)	116	**112**	1.5	26.5	0.2
Turnips	1 cup, cubes (130 g)	36	**28**	0.9	6.4	0.1
Turnips Boiled	1 cup, cubes (156 g)	34	**22**	0.7	5.1	0.1
Turnips Boiled with Salt	1 cup, cubes (156 g)	34	**22**	0.7	5.1	0.1
Turnips Frozen	1/3 package, mashed (10 oz) (94 g)	15	**16**	1	2.9	0.2
Turnips Frozen Boiled	1 cup (156 g)	36	**23**	1.5	4.4	0.2
Turnips Frozen Boiled with Salt	1 cup (156 g)	33	**21**	1.5	3.7	0.2
Wasabi Root Raw	1 cup, sliced (130 g)	142	**109**	4.8	23.5	0.6
Water Chestnuts	1/2 cup slices (62 g)	60	**97**	1.4	23.9	0.1
Water Chestnuts Canned	1/2 cup slices (70 g)	35	**50**	0.9	12.3	0.1
Wedge Cut Fries Frozen	3 oz (85 g)	138	**162**	2.6	22.2	7.5
White Icicle Radishes Raw	1/2 cup slices (50 g)	7	**14**	1.1	2.6	0.1
White Potato	1 potato medium (2-1/4" to 3-1/4" dia) (173 g)	159	**92**	2.1	21.1	0.2
White Potato Raw	1 medium (2+-1/4" to 3-1/4" dia.) (213 g)	147	**69**	1.7	15.7	0.1
Whole Potatoes Frozen Boiled	100 g	65	**65**	2	14.5	0.1
Whole Potatoes Frozen Boiled with Salt	100 g	63	**63**	2	13.9	0.1
Winged Bean Tuber Raw	100 g	148	**148**	11.6	28.1	0.9
Yam	1 cup, cubes (136 g)	158	**116**	1.5	27.5	0.1
Yam Cooked with Salt	1 cup, cubes (136 g)	155	**114**	1.5	27	0.1
Yam Raw	1 cup, cubes (150 g)	177	**118**	1.5	27.9	0.2
Yautia Raw	1 cup, sliced (135 g)	132	**98**	1.5	23.6	0.4
Yellow-Fleshed Hash Browns Frozen	3 oz (85 g)	69	**81**	2	18	0.1
Yellow-Fleshed Potato Fries Frozen	3 oz (85 g)	138	**162**	2.5	25	5.8
Yellow-Fleshed Roasted Potatoes Frozen	3 oz (85 g)	101	**119**	2	23.4	1.9

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/root-vegetables/