

# TESTING IDAHO® POTATOES FOR SUGAR CONTENT



Proper sugar content is a crucial element of successfully preparing Idaho® potatoes. Often the result of extended storage below 41°F, the presence of excess sugars can cause discoloration, uneven cooking, and even burning. Thankfully, it's easy to catch and correct.

## CHECKING SUGAR LEVELS

1. Use a keto strip (available at most pharmacies or online).
2. Cut potato in half and touch test strip tab to cut surface.
3. Wait 15 seconds and compare the strip tab to the color scale on the test strip container.
4. If color on test strip matches the lighter two colors on the color scale, this indicates normal sugar content.
5. If color on strip matches the darker color on color scale, this indicates elevated sugar content and that the potato is not ready for preparation.



## CORRECTING ELEVATED SUGAR LEVELS

1. Store affected potatoes at room temperature for seven to ten days. This should allow the excess sugars to "burn" off.
2. A short-term remedy is to peel, cut, and rinse the potatoes with very hot (170°F) water. This will help leech out some of the surface sugars. Then spin-dry prior to preparation.

