

## Potato vs Sweet Potato (vsdiff.com)

Attribute	Potato	Sweet Potato
Botanical family	Solanaceae (Solanum tuberosum)	Convolvulaceae (Ipomoea batatas)
Primary storage organ	Tuber (starch-rich)	Storage root (sugar & beta-carotene)
Typical calories per 100 g	~70-90 kcal (cooking & variety dependent)	~80-100 kcal (varies by cultivar)
Glycemic index (typical range)	~60-111 (varies widely by variety & cooking)	~44-94 (orange varieties tend lower)
Notable micronutrient	Potassium, vitamin C	Beta-carotene (provitamin A), vitamin C
Common culinary roles	Mash, fry, roast, starch thickener	Roast, mash, bake, purees, desserts
Typical storage	Cool, dark, ventilated (short-medium term)	Cool, dry; sensitive to frost (short term)

Source: <https://vsdiff.com/potato-vs-sweet-potato/>