



A Nutrition Resource

BAKED POTATOES

Yield: 4 Servings | Serving Size: 1/2 potato

Cost/Serving: \$0.70

Ingredients:

2 white or sweet potatoes

Optional toppings: cheese, low fat sour cream, olives, mushrooms, green pepper, broccoli, etc.

Directions:

To bake in an oven:

1. Wash, scrub, and pierce potatoes on all sides with a fork.
2. Bake at 425°F for 40 to 60 minutes.

To bake in a microwave:

1. Wash, scrub, and pierce potatoes on all sides with a fork.
2. Cook on high for 6 to 8 minutes. Turn potato over. Cook an additional 6 to 8 minutes. Turn potato over. Cook an additional 6 to 8 minutes on high or until potato is tender.
3. Top with optional toppings.

Note: Nutritional information is for half a potato, with no toppings.

Nutrition Facts

8 servings per container

Serving size 0.5 potato (74g)

Amount per serving

Calories 50

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D --mcg --%

Calcium 10mg 0%

Iron 1mg 6%

Potassium --mg --%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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