

Baked Potato



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39420
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baked Potato- Graves County Schools	1 Each	BAKE CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher.	15R72

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	164.00		
Fat	0.19g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	12.80mg		
Carbohydrates	37.30g		
Fiber	4.47g		
Sugar	1.75g		
Protein	4.37g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	25.60mg	Iron	1.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available