

Baked Potato

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|----------------------|-----------------------------|-----------------------|------------------|
| 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

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.750 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|--------------------------|
| Calories | 164.00 |
| Fat | 0.19g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 12.80mg |
| Carbohydrates | 37.30g |
| Fiber | 4.47g |
| Total Sugar | 1.75g |
| Added Sugar | 0.00g |
| Protein | 4.37g |
| Vitamin A 0.00mcg | Vitamin C 42.00mg |
| Calcium 25.60mg | Iron 1.72mg |

Nutrition - Per 100g

No 100g Conversion Available