

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

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