

Date: 11/2/2012

Time: 9:47 AM



Potatoes, Baked Sweet

Hesston College

Author

Categories Potato, Side dish, Vegetable

Tools Pan ST 4", Spoon solid

Locations

Plate/Store

Yield 2 pan **Cook**

Portion 2 oz

Num Portions 100

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 100	
Amount Per Serving	
Calories 336	Calories From Fat 26
% Daily Value	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 77mg	3%
Total Carbohydrates 76g	25%
Dietary Fiber 8g	33%
Protein 3g	
Vitamin A 2%	Vitamin C 53%
Calcium 4%	Iron 7%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- Low Fat
- Low Saturated Fat
- Cholesterol Free
- Low Sodium
- Healthy
- High in Vitamin C
- High in Potassium
- High in Carbohydrates
- High in Fiber