

Baked Potato

Ingredients

- 4 medium potatoes

Directions

1. Wash and scrub potatoes. Let potatoes dry.
2. Place potatoes on 26 x 18 inch pan and place in 350°F oven. Bake for 45 minutes or until potatoes are soft.



Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 164 calories, 0.19 g fat, 0.05 g saturated fat, 13 mg sodium, 37.25 g carbohydrate, 4.47 g fiber, 1.7 g sugar, 4.37 g protein