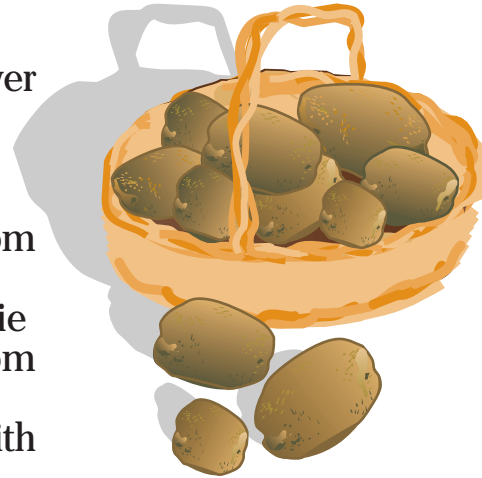


Meal-in-one-Baked Potato

Ingredients:

- Large baking potato
- Optional toppings**
 - **Yogurt or low-fat sour cream
 - **Cooked, chopped broccoli or cauliflower and shredded cheese
 - **Chili (from a can) and yogurt
 - **Refried beans and salsa
 - **Cooked chicken topped with mushroom soup (thinned slightly with milk)
 - **Crumbled, cooked ground beef pattie and green peas topped with mushroom or other soup
 - **Canned vegetable soup (undiluted) with slice of cheese



Amount Per Serving	
Calories 390	Calories from Fat 90
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 3.5g	17%
Cholesterol 40mg	14%
Sodium 510mg	21%
Total Carbohydrate 58g	19%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 18g	
Vitamin A 2%	Vitamin C 45%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CAUTION: For sodium restricted diets use no-salt soup or chili.

Preparation:

1. Scrub and prick a large baking potato.
2. Microwave or bake the potato until done.
3. Choose two or three toppings from the list above.

Makes one serving