

Twice baked potatoes

Nutrition Facts	
8 servings per container	
Serving size	1 potato (227g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 330mg	14%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2mg	10%
Potassium 896mg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	