

# Twice Baked Potato

Heating Instructions: Remove plastic lid.  
Heat at 350° for 25-30 minutes stirring  
throughout. May be microwaved.

## Nutrition Facts

Serving Size: 1 piece (283g)

Servings Per Container: Varied

Amount per serving

Calories 340

Calories from Fat 200

% Daily Value\*

**Total Fat** 22g **34%**

Saturated Fat 13g **65%**

Trans Fat 0.5g

**Cholesterol** 65mg **22%**

**Sodium** 700mg **29%**

**Total Carbohydrate** 31g **10%**

Dietary Fiber 3g **12%**

Sugars 2g

**Protein** 7g

Vitamin A 15% • Vitamin C 50%

Calcium 10% • Iron 40%

\* 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
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

INGREDIENTS: IDAHO POTATO. HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), BUTTER (CREAM, SALT), CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), SCALLIONS, BACON BITS, SALT. BLACK PEPPER CONTAINS: MILK