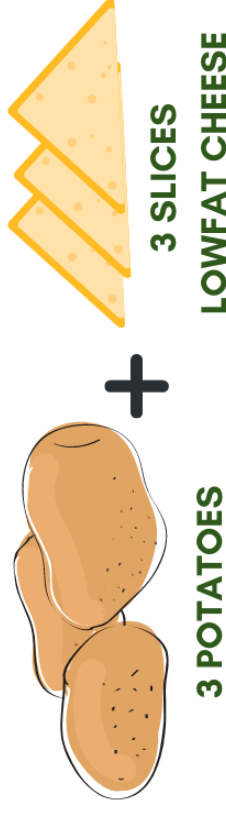


# POTATOES & CHEESE

MAKES 3 SERVINGS

## INGREDIENTS



## INSTRUCTIONS

1. Poke potatoes with a fork on all sides. Microwave on high for 5 to 10 minutes or until tender. Remove and set aside to cool.
2. Use a knife to carefully cut potato in half lengthwise, but do not cut all the way through. Fluff the inside of the potato with a fork.
3. Tear cheese into small pieces and place on top of the potato. Microwave for another 30 seconds.
4. Enjoy!



## Nutrition Facts

Servings: 2

Amount per serving

**Calories**

**246**

% Daily Value\*

Total Fat 16.3g

21%

Saturated Fat 3.3g

16%

Cholesterol 0mg

0%

Sodium 6mg

0%

Total Carbohydrate 21.7g

8%

Dietary Fiber 4.6g

17%

Total Sugars 14.6g

**Protein** 8.3g

Vitamin D 0mcg

0%

Calcium 14mg

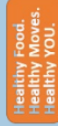
1%

Iron 1mg

6%

Potassium 327mg

7%



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).