



A Nutrition Resource

MICROWAVE POTATOES

Yield: 2 Servings | **Serving Size:** 1 potato/1 cup

Cost/Serving: \$0.35

Ingredients:

- 2 medium potatoes, peeled and sliced thinly
- 1/4 cup sliced onions
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 cup cheese

Directions:

- 1) Coat a 9-inch microwave-safe plate with nonstick cooking spray. Arrange potato and onion slices on plate, sprinkle with seasonings.
- 2) Sprinkle with cheese and cook for 2 minutes or until potatoes are tender.

Variation: Add diced ham, broccoli florets, or parsley for color.

Nutrition Facts

2 servings per container
Serving size 1 potato (183g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 380mg 17%

Total Carbohydrate 29g 11%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 126mg 10%

Iron 1mg 6%

Potassium 42mg 0%

*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.



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