

# Let's eat

## Baked Potato with Homemade Coleslaw topping

Allergens – Eggs, Milk, Mustard

### Ingredients

Quantity	Ingredient
350g	White Cabbage
200g	Carrots
10g	Onion
50g	Apples (Green)
100ml	<b>Light Mayonnaise</b> Hellman's (contains Eggs, Milk, Mustard)
100g	<b>Low Fat Natural Yoghurt</b>
20	Baked Potatoes



### Method

1. Wash, dry and rub potatoes with vegetable oil and place in a baking tray. Bake potatoes in oven until tender, 2 hours approximately.
2. Shred the cabbage and grate the carrots & onions.
3. Fine chop the apples. Mix all veg & fruit together with yoghurt and mayonnaise.
4. Store chilled until ready for serving.
5. Cross cut potato and add beans as a topping to serve.

### Nutritional Content for 40g Coleslaw + Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 143.3	= 1.6	= 0.2	= 3.9	= 0.2	= 30.2

**Portion Size** – Primary 40g Coleslaw

Baked Potato @ 100g = 31.7g Carbs

Reviewed March 2019