

Let's eat

Baked Potato with Baked Beans topping

Allergens – N/A

Ingredients

Quantity	Ingredient
3 kg	Baking Potatoes
1.4 kg	Healthier Choice Baked Beans



Method

1. Wash potatoes and dry. Rub with vegetable oil and place in a baking tray.
2. Bake in oven until tender, 2hours approximately.
3. Cross cut potato and add beans as a topping at service.

Nutritional Content for 70g Beans + potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 166.6	= 0.6	= .1	= 3.0	= 0.6	= 35.8

Portion Size – Primary 70g Baked Potato @ 100g = 31.7g Carbs

Reviewed April 2019