

Let's eat

Baked Potato with Cheddar Cheese topping

Allergens - **Milk**

Ingredients

Cheddar Cheese (Grated)



Portion Size – Primary 40g Cheese Academy 65g Cheese

Nutritional Content per 100g Cheese

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 416	= 34.9	= 21.7	= 0.1	= 1.81	= 0.1

Nutritional Content Baked Potato per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 136	= 0.2	= 0.1	= 1.2	= 0.1	= 31.7