

Let's eat

Baked Potato with Cheddar Cheese topping

Allergens - **Milk**

Ingredients

Quantity	Ingredient
800g	Cheddar Cheese (Grated)
20	Baking 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. Cross cut potato and add cheese as a topping to serve

Nutritional Content for 40g Cheese + Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 280.3	= 13.9	= 8.7	= 1.1	= 0.7	= 27.

Portion Size – Primary 40g Cheese Baked Potato @ 100g = 31.7g Carbs