

Plain Baked Potato

Ingredients

Potato

Nutritional Value

Serving Size 100 g

Amount Per Serving

Calories

109

% Daily Values*

Total Fat2.2g3%

Saturated Fat0.423g2%

Trans Fat-

Polyunsaturated Fat0.664g

Monounsaturated Fat0.982g

Cholesterol0mg0%

Sodium235mg10%

Total Carbohydrate20.53g7%

Dietary Fiber2.1g8%

Sugars1.14g

Protein2.43

Allergens

None