

Broccoli Stuffed Baked Potato

Nutrition Facts

Servings Per Container	
Serving size	(340g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 2mg	10%
Potassium 1044mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS (Yield: 53 servings)

SERVING		
1 #10 Can	2 oz	Muy Fresco Reduced Sodium Cheddar Cheese Sauce
13 lb 5 oz	4 oz	Broccoli Florets, Cooked
53 each	1 each	Russet Potatoes (6 oz)

DIRECTIONS

- Pre Heat oven to 350° F
- Warm cheese sauce
- Wash and dry potatoes
- Rub potatoes with oil and place on sheet tray
- Bake until tender
- Remove from oven and let cool enough to handle
- Cut deep slit in each potato, keeping bottom skin intact
- Add 4 oz cooked broccoli (#8 scoop)
- Top with 2 oz cheese sauce (#16 scoop)

CONTRIBUTES

1/2 Cup	Dark Green Vegetable Serving
1/2 Cup	Starchy Vegetable Serving

