



A Nutrition Resource

# MICROWAVE POTATOES

**Yield:** 2 Servings | **Serving Size:** 1 potato/1 cup

**Cost/Serving:** \$0.35

**Ingredients:**

- 2 medium potatoes, peeled and sliced thinly
- 1/4 cup sliced onions
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 cup cheese

**Directions:**

- 1) Coat a 9-inch microwave-safe plate with nonstick cooking spray. Arrange potato and onion slices on plate, sprinkle with seasonings.
- 2) Sprinkle with cheese and cook for 2 minutes or until potatoes are tender.

**Variation:** Add diced ham, broccoli florets, or parsley for color.

## Nutrition Facts

2 servings per container  
**Serving size** 1 potato (183g)

Amount per serving  
**Calories** 170

% Daily Value\*

<b>Total Fat</b> 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 380mg	17%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%

<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 1mg	6%
Potassium 42mg	0%

\*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.



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