

Baked Potato



Ingredients

1 large potato

fillings:

grated cheese, baked beans, ham, spring onions, chutney, curry sauce, sausages, tuna, sweetcorn and mayonnaise, boiled egg and salad cream

Equipment

Fork, small bowl and microwave, if using.

Method

1. Preheat the oven, if being used, to 220°C or Gas Mark 7.
2. Scrub potatoes and prick with a fork.
3. Either cook in the oven - a 200g (large) potato will take an hour in the oven or 5-8 minutes in a microwave oven.
4. Once the potato is cooked, cut a cross in the top and squeeze the sides together so that the middle begins to show.
5. Add fillings and serve.

Nutrition Information

Baked Potato*	per 100g	per recipe	per portion (one)
Energy (kJ)	584	1870	1870
Energy (kcal)	140	447	447
Protein (g)	5.5	17.5	17.5
Fat (g)	2.5	7.9	7.9
of which saturates (g)	1.4	4.4	4.4
Carbohydrate (g)	25.6	81.8	81.8
of which sugars (g)	2.3	7.3	7.3
Fibre (g)	2.7	8.7	8.7
Sodium (mg)	191	611	611
Salt (g)	0.5	1.5	1.5

* calculation based on a baked beans and grated cheese filling

Notes

Key Messages

Healthy eating

- Use a wet filling such as baked beans or coleslaw means you do not have to add butter or margarine to the potato.

Money

- Potatoes are relatively inexpensive and can make a substantial meal.

Food safety

- Never use potatoes that are beginning to turn green or starting to sprout.
- Be careful placing or removing the potato from the oven.