

Microwave Baked Potato

Makes: 1 serving

Ingredients

1 potato

Directions

1. Scrub potato. Prick several times with a fork or knife.
2. Place on microwave safe plate.
3. Cook according to table below. Turn over halfway through cooking

	Number of Potatoes	Time
1	7-8 minutes or until soft	
2	10-12 minutes or until soft	
4	14-18 minutes or until soft	

3. Turn over halfway through cooking.
4. Let potato rest for 1-3 minutes

Source: Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Nutrition Information

Nutrients	Amount
Calories	290
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Carbohydrate	64 g
Dietary Fiber	7 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available