



toppings include corn (fresh or thawed from frozen), chopped tomatoes, and sliced green onions.

## Nutrition Facts

*Per potato*

**Calories:** 268 kcal

**Fat:** 1 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 3%

**Cholesterol:** 0 mg

**Protein:** 12 g

**Carbohydrates:** 42 g

**Sugar:** 13 g

**Fiber:** 14 g

**Sodium:** 516 mg

**Calcium:** 101 mg

**Iron:** 3.1 mg

**Vitamin C:** 31 mg

**Beta-Carotene:** 17,529 mcg

**Vitamin E:** 2.7 mg