

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