

Toms T. Stuffed Baked Potato Entree

10/30/2008

Nutrition Facts	
Serving Size (786g) Servings Per Container	
Amount Per Serving	
Calories 700	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 940mg	39%
Total Carbohydrate 116g	39%
Dietary Fiber 14g	56%
Sugars 13g	
Protein 14g	
Vitamin A 45%	• Vitamin C 260%
Calcium 10%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Eight ounces of vegetables = 2 servings of a vegetable based on AZ Smart Choice Guidelines