

# Easy Pleasing Potatoes

*"Fruits of the Spirit" (2001) - Tracy Howse  
Grapvine United Methodist Church - Port St. Lucie, FL*

*3 baking potatoes  
1 package dry Italian or garlic herb  
salad dressing mix  
1/2 cup Parmesan cheese  
vegetable oil*

Preheat the oven to 350 degrees.

In a bowl, mix together the salad dressing mix and Parmesan cheese. Put the mixture on a flat plate.

Cut the potatoes lengthwise. Coat with oil then dip the cut side in the salad dressing mixture. Place in a shallow greased pan. Sprinkle the remaining mixture over the potatoes.

Bake, uncovered, for 40 minutes or until the potatoes are tender.

Remove the potatoes with a spatula to avoid sticking.

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Per Serving (excluding unknown items): 618 Calories; 13g Fat (18.0% calories from fat); 28g Protein; 101g Carbohydrate; 9g Dietary Fiber; 31mg Cholesterol; 778mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Fat.

Side Dishes

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	618	<b>Vitamin B6 (mg):</b>	1.4mg
<b>% Calories from Fat:</b>	18.0%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	64.2%	<b>Thiamin B1 (mg):</b>	.5mg
<b>% Calories from Protein:</b>	17.8%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	13g	<b>Folacin (mcg):</b>	74mcg
<b>Saturated Fat (g):</b>	8g	<b>Niacin (mg):</b>	8mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0

Cholesterol (mg):	31mg
Carbohydrate (g):	101g
Dietary Fiber (g):	9g
Protein (g):	28g
Sodium (mg):	778mg
Potassium (mg):	3040mg
Calcium (mg):	589mg
Iron (mg):	4mg
Zinc (mg):	3mg
Vitamin C (mg):	109mg
Vitamin A (i.u.):	280IU
Vitamin A (r.e.):	84 1/2RE

**% Daily Values** 0 0%

### Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

**Calories** 618 Calories from Fat: 111

### % Daily Values\*

<b>Total Fat</b> 13g	19%
Saturated Fat 8g	39%
<b>Cholesterol</b> 31mg	10%
<b>Sodium</b> 778mg	32%
<b>Total Carbohydrates</b> 101g	34%
Dietary Fiber 9g	35%
<b>Protein</b> 28g	
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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	181%
<b>Calcium</b>	59%
<b>Iron</b>	25%

\* Percent Daily Values are based on a 2000 calorie diet.