

Nutritional Calculations

Wendy's Sour Cream & Chive Baked Potato Solution



Nutrition Facts	
Serving Size	1 Tater (308 g)
Servings Per Container:	1
Amount Per Serving:	
Calories:	Calories from Fat
	% Daily Value *
Total Fat 3.5g	6%
Saturated Fat 2g	12%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 63g	21%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 8g	
Vitamin A 6%	Vitamin C 60%
Calcium 8%	Iron 15%

*Percent of Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calculate Calories:

63 grams of carbohydrate	x 4 calories per gram	= 252 calories
3.5 grams of fat	x 9 calories per gram	= 31.5 calories
8 grams of protein	x 4 calories per gram	= 32 calories
0 grams of alcohol	x 7 calories per gram	= 0 calories

Total calories =

315.5 calories

Calculate the Percent of Calories from a Calorie Source:

252 calories of carbohydrates	÷ 315.5 total calories) x 100 = 79.87 %
32 calories of fat	÷ 315.5 total calories) x 100 = 9.98 %
32 calories of protein	÷ 315.5 total calories) x 100 = 10.14 %
0 calories of alcohol	÷ 315.5 total calories) x 100 = 0.00 %