

# Nutritional Calculations

## Wendy's Sour Cream & Chive Baked Potato Worksheet



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

<input type="text"/>	grams of carbohydrate	x	4 calories per gram	=	<input type="text"/>	calories	
<input type="text"/>	grams of fat	x	9 calories per gram	=	<input type="text"/>	calories	
<input type="text"/>	grams of protein	x	4 calories per gram	=	<input type="text"/>	calories	
<input type="text"/>	grams of alcohol	x	7 calories per gram	=	<input type="text"/>	calories	
<b>Total calories =</b>						<input type="text"/>	calories

### Calculate the Percent of Calories from a Calorie Source:

<input type="text"/>	calories of carbohydrates	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%
<input type="text"/>	calories of fat	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%
<input type="text"/>	calories of protein	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%
<input type="text"/>	calories of alcohol	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%