

# Alfredo Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup alfredo sauce prepared
- 2 large baking potatoes
- 0.1 teaspoon thyme dried
- 1 teaspoon garlic powder
- 0.5 cup part-skim mozzarella cheese shredded
- 0.5 teaspoon pepper
- 4 ounces cheddar cheese shredded divided

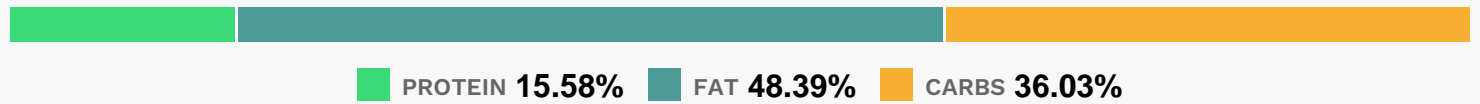
## Equipment

- bowl
- microwave

## Directions

- Pierce potatoes several times with a fork and place on a microwave-safe plate. Microwave on high for 4-1/2 minutes or until tender. Allow potatoes to cool slightly.
- Meanwhile, in a bowl, combine the Alfredo sauce, garlic powder, pepper and thyme. Stir in 1/2 cup cheddar cheese and mozzarella cheese.
- Cut potatoes in half lengthwise. Scoop out the pulp and add to the sauce mixture; mix well. Spoon into potato shells.
- Sprinkle with remaining cheddar cheese. Microwave on high for 45 seconds or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:37.19, Glycemic Load:26.46, Inflammation Score:-5, Nutrition Score:12.83478249156%

## Nutrients (% of daily need)

Calories: 411.78kcal (20.59%), Fat: 22.2g (34.15%), Saturated Fat: 12g (74.98%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 34.65g (12.6%), Sugar: 2.41g (2.68%), Cholesterol: 77.98mg (25.99%), Sodium: 698.51mg (30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.17%), Vitamin B6: 0.68mg (33.96%), Calcium: 336.19mg (33.62%), Phosphorus: 299.7mg (29.97%), Potassium: 815.48mg (23.3%), Manganese: 0.34mg (16.78%), Selenium: 10.97µg (15.67%), Magnesium: 54.38mg (13.6%), Vitamin B2: 0.23mg (13.53%), Zinc: 1.99mg (13.26%), Vitamin C: 10.54mg (12.78%), Vitamin B1: 0.17mg (11.05%), Copper: 0.21mg (10.52%), Fiber: 2.54g (10.16%), Iron: 1.77mg (9.82%), Vitamin B3: 1.95mg (9.75%), Folate: 33.52µg (8.38%), Vitamin A: 355.8IU (7.12%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.42µg (6.92%), Vitamin K: 5.17µg (4.93%), Vitamin E: 0.26mg (1.74%), Vitamin D: 0.21µg (1.41%)