



# Asparagus-Stuffed Potatoes

 Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

## Ingredients

- 1 pound asparagus fresh cooked cut into 1-inch pieces and
- 4 medium baking potatoes
- 2 bacon crumbled cooked
- 1 tablespoons milk
- 1 teaspoon onion salt
- 0.1 teaspoon pepper
- 4 ounces cheddar cheese shredded
- 0.5 cup cream sour

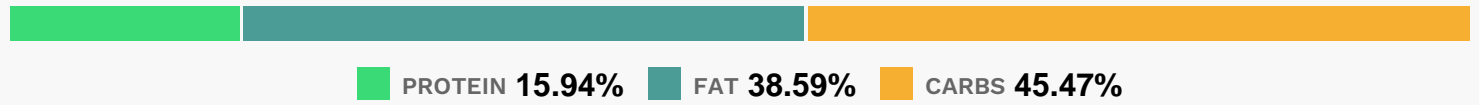
# Equipment

- bowl
- oven
- baking pan

# Directions

- Bake potatoes at 400° for about 1 hour or until done.
- Cut a thin slice off the top of each potato and discard. Carefully scoop out pulp while leaving shell intact. In a bowl, mash pulp with milk, sour cream, onion salt and pepper until smooth. Fold in asparagus. Stuff shells; place in an ungreased shallow baking dish.
- Sprinkle with cheese and bacon. Return to the oven for 20–25 minutes or until heated through.

# Nutrition Facts



# Properties

Glycemic Index:53.44, Glycemic Load:31.18, Inflammation Score:-8, Nutrition Score:22.492174169292%

# Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

# Nutrients (% of daily need)

Calories: 384.67kcal (19.23%), Fat: 17.05g (26.23%), Saturated Fat: 9g (56.24%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 40.03g (14.56%), Sugar: 4.71g (5.23%), Cholesterol: 49.72mg (16.57%), Sodium: 857.24mg (37.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.69%), Vitamin K: 52.23µg (49.75%), Vitamin B6: 0.89mg (44.66%), Phosphorus: 347.21mg (34.72%), Potassium: 1201.58mg (34.33%), Calcium: 290.06mg (29.01%), Vitamin A: 1330.49IU (26.61%), Manganese: 0.53mg (26.5%), Vitamin B1: 0.38mg (25.02%), Vitamin B2: 0.42mg (24.59%), Iron: 4.37mg (24.29%), Folate: 96.48µg (24.12%), Vitamin C: 18.75mg (22.73%), Copper: 0.45mg (22.69%), Selenium: 14.65µg (20.93%), Fiber: 5.17g (20.66%), Magnesium: 77.21mg (19.3%), Vitamin B3: 3.78mg (18.9%), Zinc: 2.51mg (16.7%), Vitamin B5: 1.23mg (12.25%), Vitamin E: 1.64mg (10.96%), Vitamin B12: 0.42µg (7.08%), Vitamin D: 0.23µg (1.52%)