



Baked-Potato Eggs

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



318 kcal

Ingredients

- ☐ 2 baking potatoes
- ☐ 2 tablespoons butter
- ☐ 4 large eggs
- ☐ 0.3 cup parmesan grated
- ☐ 2 precooked turkey sausages diced

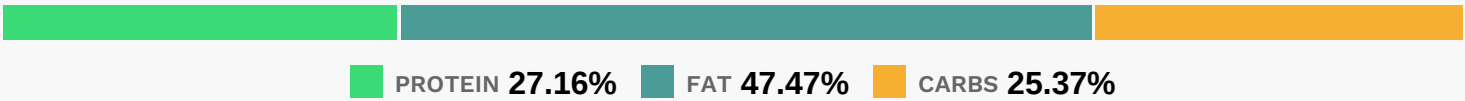
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F. Scrub the potatoes and pierce each with the tines of a fork.
- ☐ Bake until fork-tender, about 45 minutes. Carefully cut each potato in half. Scoop out the insides and stir in the butter and cheese. Fold in the sausages. Spoon the mixture back into the potato halves, creating a hollow in each center. Break 1 egg into each hollow. Arrange on a baking sheet and cook 10 to 15 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:15.19, Inflammation Score:-4, Nutrition Score:14.242608754531%

Nutrients (% of daily need)

Calories: 317.9kcal (15.9%), Fat: 16.7g (25.69%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.69g (6.8%), Sugar: 0.9g (1%), Cholesterol: 247.68mg (82.56%), Sodium: 556.51mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Vitamin B6: 0.7mg (35.09%), Phosphorus: 302.64mg (30.26%), Selenium: 17.25µg (24.65%), Vitamin B2: 0.42mg (24.65%), Vitamin B12: 1.27µg (21.11%), Potassium: 668.57mg (19.1%), Zinc: 2.86mg (19.07%), Vitamin B3: 3.76mg (18.79%), Vitamin B5: 1.7mg (16.99%), Iron: 2.5mg (13.91%), Calcium: 128.26mg (12.83%), Magnesium: 44.12mg (11.03%), Vitamin A: 537.18IU (10.74%), Folate: 41.88µg (10.47%), Vitamin B1: 0.15mg (10.24%), Copper: 0.2mg (9.81%), Manganese: 0.19mg (9.72%), Vitamin C: 7.37mg (8.93%), Vitamin D: 1.03µg (6.88%), Fiber: 1.38g (5.54%), Vitamin E: 0.79mg (5.23%), Vitamin K: 2.66µg (2.54%)