



## Baked Potato Fans

 **Gluten Free**

READY IN



**70 min.**

SERVINGS



**4**

CALORIES



**214 kcal**

**SIDE DISH**

### Ingredients

- 1.5 lb baking potatoes
- 2 Tbsp parmesan cheese shredded kraft
- 0.3 cup sun tomato vinaigrette dressing dried kraft

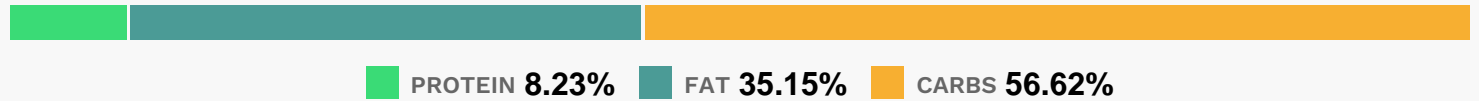
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Make 6 to 8 diagonal cuts in top of each potato, being careful not to cut through to bottom of potato.
- Place potatoes on baking sheet sprayed with cooking spray.
- Spread potato slices apart slightly with your hand while drizzling 1 Tbsp. dressing over each potato.
- Bake 1 hour or until done.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:27.94, Glycemic Load:24.2, Inflammation Score:-3, Nutrition Score:8.2556521989729%

## Nutrients (% of daily need)

Calories: 214.33kcal (10.72%), Fat: 8.61g (13.25%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 29g (10.54%), Sugar: 1.47g (1.63%), Cholesterol: 1.7mg (0.57%), Sodium: 48.71mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin B6: 0.59mg (29.46%), Potassium: 712.85mg (20.37%), Vitamin K: 18.54µg (17.66%), Manganese: 0.27mg (13.38%), Vitamin C: 9.7mg (11.75%), Phosphorus: 110.9mg (11.09%), Magnesium: 40.22mg (10.06%), Vitamin B1: 0.14mg (9.36%), Fiber: 2.21g (8.85%), Vitamin B3: 1.77mg (8.84%), Copper: 0.18mg (8.8%), Iron: 1.48mg (8.24%), Folate: 23.99µg (6%), Vitamin B5: 0.52mg (5.23%), Calcium: 51.71mg (5.17%), Vitamin E: 0.74mg (4.95%), Vitamin B2: 0.06mg (3.79%), Zinc: 0.56mg (3.75%), Selenium: 1.49µg (2.13%)