

 **100%**
HEALTH SCORE

Baked Potatoes



Vegetarian



Gluten Free



Very Healthy

READY IN

**60 min.**

SERVINGS

**1**

CALORIES

**2168 kcal**

SIDE DISH

Ingredients

- 1 bell pepper
- 2 carrots
- 200 g cup heavy whipping cream
- 1 gouda cheese
- 1 nutmeg
- 2 pasilla peppers
- 8 potatoes
- 1 salt

1 zucchini

Equipment

bowl

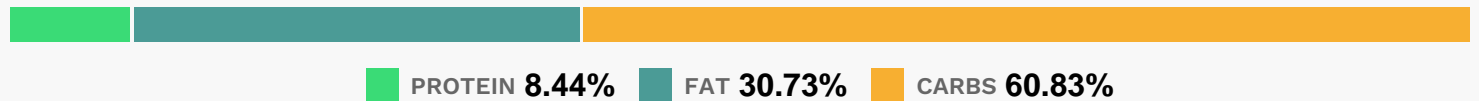
oven

Directions

Cook and slice potatoes, slice peppers, zucchini, carrots, add to bowl.

Add cream with salt, pepper, nutmeg. Put grated cheese on top. Put into oven. My first "Auflauf". Needs improvement.

Nutrition Facts



Properties

Glycemic Index:284.58, Glycemic Load:225.01, Inflammation Score:-10, Nutrition Score:73.669999827509%

Flavonoids

Luteolin: 12.07mg, Luteolin: 12.07mg, Luteolin: 12.07mg, Luteolin: 12.07mg Kaempferol: 14.09mg, Kaempferol: 14.09mg, Kaempferol: 14.09mg, Kaempferol: 14.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 19.01mg, Quercetin: 19.01mg, Quercetin: 19.01mg, Quercetin: 19.01mg

Nutrients (% of daily need)

Calories: 2168.02kcal (108.4%), Fat: 76.42g (117.56%), Saturated Fat: 47.55g (297.19%), Carbohydrates: 340.38g (113.46%), Net Carbohydrates: 290.55g (105.66%), Sugar: 41.12g (45.68%), Cholesterol: 227.14mg (75.71%), Sodium: 276.51mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.2g (94.4%), Vitamin C: 722.9mg (876.24%), Vitamin A: 28361.56IU (567.23%), Vitamin B6: 6.47mg (323.4%), Potassium: 8941.6mg (255.47%), Fiber: 49.83g (199.3%), Manganese: 3.61mg (180.61%), Phosphorus: 1292.72mg (129.27%), Magnesium: 497.87mg (124.47%), Vitamin B1: 1.78mg (118.6%), Vitamin B3: 22.51mg (112.53%), Copper: 2.22mg (110.97%), Folate: 431.13µg (107.78%), Iron: 15.97mg (88.7%), Vitamin K: 86.77µg (82.64%), Vitamin B2: 1.35mg (79.33%), Vitamin B5: 6.9mg (69.03%), Zinc: 7.03mg (46.87%), Calcium: 450.91mg (45.09%), Vitamin E: 5.81mg (38.76%), Vitamin D: 3.2µg (21.37%), Selenium: 11.92µg (17.03%), Vitamin B12: 0.34µg (5.59%)