



Baked Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 6 medium size baking potatoes
- ☐ 2 tablespoons butter melted
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons vegetable oil

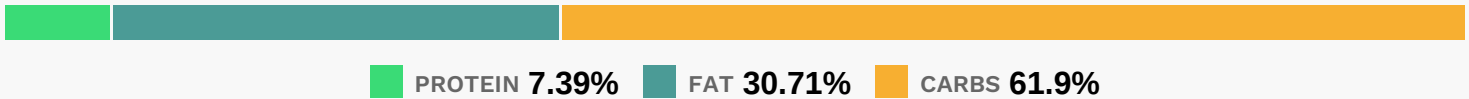
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine butter and oil; set aside.
- ☐ Scrub potatoes thoroughly, and rub skins with oil mixture; sprinkle with salt.
- ☐ Place in a 13- x 9- x 2-inch baking dish.
- ☐ Bake at 450 for 40 minutes or until done. Slit tops, adding 1 tablespoon butter to each potato, if desired.

Nutrition Facts



Properties

Glycemic Index:22.46, Glycemic Load:30.27, Inflammation Score:-3, Nutrition Score:9.4313042941301%

Nutrients (% of daily need)

Calories: 241.8kcal (12.09%), Fat: 8.49g (13.06%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.72g (12.99%), Sugar: 1.32g (1.47%), Cholesterol: 10.03mg (3.34%), Sodium: 234.45mg (10.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin B6: 0.74mg (36.75%), Potassium: 889.37mg (25.41%), Manganese: 0.33mg (16.75%), Vitamin C: 12.14mg (14.72%), Magnesium: 49.09mg (12.27%), Vitamin K: 12.5µg (11.9%), Phosphorus: 118.27mg (11.83%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.77g (11.08%), Vitamin B3: 2.21mg (11.03%), Copper: 0.22mg (10.98%), Iron: 1.84mg (10.2%), Folate: 29.96µg (7.49%), Vitamin B5: 0.65mg (6.46%), Vitamin B2: 0.07mg (4.23%), Zinc: 0.62mg (4.15%), Vitamin E: 0.5mg (3.34%), Calcium: 28.93mg (2.89%), Vitamin A: 118.75IU (2.37%), Selenium: 0.9µg (1.28%)