



## Baked Potatoes with Chive Sour Cream



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

### Ingredients

- ☐ 4 baking potatoes
- ☐ 0.3 cup freshly chives chopped
- ☐ 1 teaspoon coarse salt
- ☐ 4 servings grinding pepper white good
- ☐ 1.3 cups cup heavy whipping cream sour
- ☐ 0.5 teaspoon whole-grain mustard

### Equipment

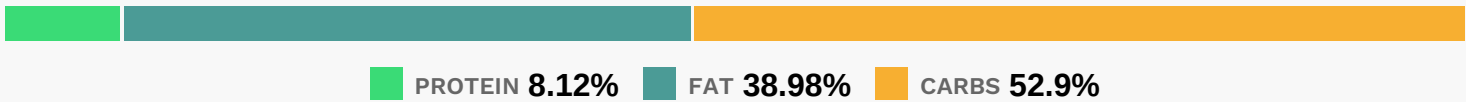
- ☐ bowl

- ☐ oven
- ☐ plastic wrap
- ☐ skewers
- ☐ metal skewers

## Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Skewer the baking potatoes with metal skewers, so they cook through faster and place them directly on the middle oven baking rack for 1 hour and 15 minutes.
- ☐ Meantime add the sour cream to a bowl with the whole-grain mustard, salt, white pepper and chopped chives, leaving a teaspoon back to sprinkle on top. Stir all the ingredients together and scatter over the remaining chives. If you are not eating it straight away store it covered in plastic wrap in the refrigerator.
- ☐ When the potatoes are ready with a crisp skin and soft inside, remove them from the oven, take them off the skewers and cut a cross in the top of each of them and slightly squeeze them so they open out and place them into bowl.
- ☐ Serve the potatoes with the chive sour cream on the side and have people help themselves.

## Nutrition Facts



## Properties

Glycemic Index:40.44, Glycemic Load:30.3, Inflammation Score:-6, Nutrition Score:12.338695650515%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 317.88kcal (15.89%), Fat: 14.2g (21.85%), Saturated Fat: 7.33g (45.84%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 39.96g (14.53%), Sugar: 3.84g (4.27%), Cholesterol: 42.41mg (14.14%), Sodium: 621.38mg (27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Vitamin B6: 0.77mg (38.57%), Potassium: 990.44mg (28.3%), Manganese: 0.44mg (22.24%), Vitamin C: 15.15mg (18.36%), Phosphorus: 177.9mg

(17.79%), Magnesium: 59.69mg (14.92%), Fiber: 3.4g (13.61%), Vitamin B1: 0.19mg (12.88%), Copper: 0.26mg (12.83%), Iron: 2.24mg (12.43%), Vitamin A: 595.46IU (11.91%), Vitamin B2: 0.2mg (11.64%), Vitamin B3: 2.3mg (11.5%), Vitamin K: 12.02µg (11.45%), Calcium: 109.4mg (10.94%), Folate: 37.88µg (9.47%), Vitamin B5: 0.9mg (8.95%), Zinc: 0.9mg (6.01%), Selenium: 3.82µg (5.45%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.3mg (2.02%)