




Baked Potatoes with Sauteed Mushrooms and Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

Ingredients

- 4 medium baking potatoes
- 1 tablespoon olive oil
- 8 ounces crimini mushrooms stemmed cut into ¼-inch-thick slices
- 0.3 teaspoon coarse salt
- 1 serving pepper freshly ground
- 0.7 cup cheddar cheese white grated
- 0.3 cup yogurt plain low-fat (2 percent)

1 serving chives fresh finely chopped for garnish

Equipment

frying pan

baking sheet

oven

Directions

Preheat oven to 450 degrees.

Bake potatoes on a rimmed baking sheet until skins are crisp and flesh is tender, 45 to 50 minutes.

Heat oil in a medium skillet over medium-high heat.

Add mushrooms; cook, stirring, until browned, about 2 minutes. Stir in salt; season with pepper.

Slit the potatoes lengthwise, stopping 1/2 inch from ends. Gently squeeze ends to loosen flesh. Open each potato slightly. Divide sauteed mushrooms and the cheese among potatoes; top each with 1 tablespoon yogurt.

Garnish with chives.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:30.4, Inflammation Score:-5, Nutrition Score:16.821739233058%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 298.31kcal (14.92%), Fat: 10.37g (15.95%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 39.37g (14.32%), Sugar: 3.44g (3.82%), Cholesterol: 19.75mg (6.58%), Sodium: 293.37mg

(12.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Vitamin B6: 0.82mg (40.91%), Potassium: 1193.69mg (34.11%), Selenium: 21.43µg (30.62%), Phosphorus: 293.68mg (29.37%), Vitamin B2: 0.46mg (27.31%), Copper: 0.51mg (25.6%), Vitamin B3: 4.39mg (21.94%), Manganese: 0.42mg (21.1%), Calcium: 199.54mg (19.95%), Vitamin B5: 1.66mg (16.61%), Vitamin B1: 0.24mg (16.06%), Magnesium: 61.93mg (15.48%), Vitamin C: 12.41mg (15.04%), Zinc: 2.07mg (13.81%), Fiber: 3.12g (12.49%), Folate: 49.9µg (12.48%), Iron: 2.13mg (11.82%), Vitamin K: 7µg (6.66%), Vitamin B12: 0.34µg (5.7%), Vitamin E: 0.68mg (4.52%), Vitamin A: 209.67IU (4.19%), Vitamin D: 0.17µg (1.13%)