



Baked Potatoes with Shallot-Corn Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

Ingredients

- 2 tablespoons chives minced
- 1.5 cups corn kernels fresh (from 3 ears)
- 4 large idaho potatoes scrubbed
- 1 teaspoon juice of lime fresh
- 4 servings salt and pepper freshly ground
- 2 tablespoons shallots chopped
- 4 ounces butter unsalted softened

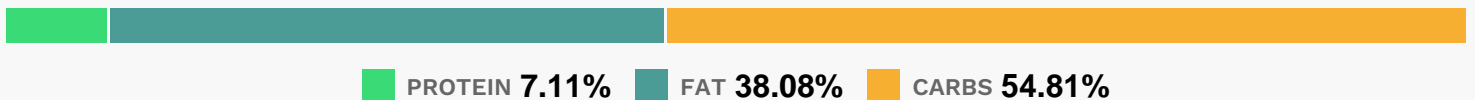
Equipment

- food processor
- bowl
- sauce pan
- oven
- microwave

Directions

- Preheat the oven to 40
- Using a fork, poke the potatoes all over. Cook the potatoes in a microwave oven at high power for 10 minutes.
- Transfer the potatoes to the preheated oven and bake for 15 minutes longer.
- Meanwhile, in a small saucepan of boiling water, cook the corn kernels until barely tender, about 3 minutes.
- Drain and let cool completely.
- In a food processor, combine the butter, shallots, lime juice and 1 cup of the corn kernels and puree. Scrape the butter into a bowl, fold in the chives and the remaining 1/2 cup of corn kernels and season with salt and pepper. Split the baked potatoes, fill with a dollop of the corn butter and serve.
- Notes: Variations: Use the butter on roasted baby potatoes, pasta or grilled seafood.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:52.66, Inflammation Score:-7, Nutrition Score:19.64434771175%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 545.9kcal (27.3%), Fat: 24.04g (36.99%), Saturated Fat: 14.84g (92.74%), Carbohydrates: 77.87g (25.96%), Net Carbohydrates: 71.79g (26.1%), Sugar: 6.15g (6.83%), Cholesterol: 60.95mg (20.32%), Sodium: 224.18mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.19%), Vitamin B6: 1.34mg (67.21%), Potassium: 1714.99mg (49%), Manganese: 0.69mg (34.5%), Vitamin C: 26.38mg (31.97%), Magnesium: 107.34mg (26.84%), Phosphorus: 262.19mg (26.22%), Vitamin B1: 0.39mg (26.18%), Fiber: 6.09g (24.35%), Vitamin B3: 4.82mg (24.07%), Copper: 0.42mg (21.06%), Iron: 3.55mg (19.71%), Folate: 78.75µg (19.69%), Vitamin A: 879.95IU (17.6%), Vitamin B5: 1.55mg (15.53%), Vitamin K: 12.03µg (11.46%), Vitamin B2: 0.16mg (9.66%), Zinc: 1.38mg (9.17%), Calcium: 59.39mg (5.94%), Vitamin E: 0.74mg (4.94%), Selenium: 2.16µg (3.09%), Vitamin D: 0.43µg (2.83%)