



Baked Potatoes with Spiced Sour Cream

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



182 kcal

SIDE DISH

Ingredients

- 8 medium baking potatoes
- 1 Tbsp cilantro leaves minced
- 1 cup knudsen cream sour
- 3 green onions chopped
- 0.5 tsp ground cumin

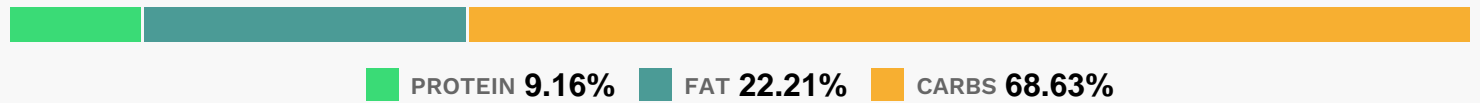
Equipment

- oven

Directions

- Preheat oven to 400F. Prick potatoes in several places with fork.
- Bake 1 hour or until tender.
- Meanwhile, mix remaining ingredients until well blended; cover. Refrigerate until ready to use.
- Split potatoes.
- Serve topped with the sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:24.27, Inflammation Score:-4, Nutrition Score:8.3452173497366%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 181.69kcal (9.08%), Fat: 4.63g (7.12%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 29.85g (10.85%), Sugar: 1.93g (2.14%), Cholesterol: 13.57mg (4.52%), Sodium: 16.41mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin B6: 0.6mg (30%), Potassium: 751.25mg (21.46%), Manganese: 0.28mg (13.97%), Vitamin C: 10.62mg (12.87%), Phosphorus: 113.05mg (11.31%), Magnesium: 42.59mg (10.65%), Vitamin K: 10.99µg (10.47%), Vitamin B1: 0.15mg (9.8%), Fiber: 2.32g (9.28%), Copper: 0.18mg (9.18%), Vitamin B3: 1.81mg (9.04%), Iron: 1.6mg (8.9%), Folate: 27.57µg (6.89%), Vitamin B5: 0.59mg (5.93%), Vitamin B2: 0.1mg (5.77%), Calcium: 48.93mg (4.89%), Zinc: 0.59mg (3.93%), Vitamin A: 184.86IU (3.7%), Selenium: 1.56µg (2.23%)