



Barbecue-Stuffed Potatoes

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce baking potatoes
- ☐ 1.3 cups barbecue chicken shredded (such as Lloyd's)
- ☐ 2 green onions divided finely chopped
- ☐ 2 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat

Equipment

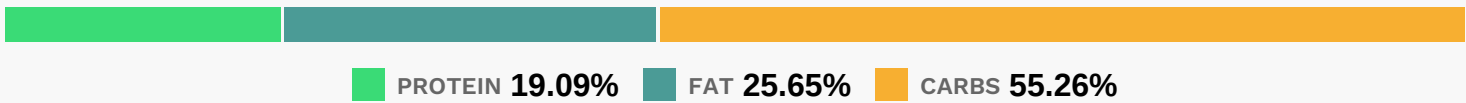
- ☐ bowl
- ☐ paper towels

- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 10 minutes or until done, rearranging potatoes after 5 minutes.
- ☐ While potatoes cook, combine sour cream and 2 tablespoons onions; set aside.
- ☐ Place chicken in a microwave-safe bowl; cover with plastic wrap (do not allow plastic wrap to touch food).
- ☐ Remove potatoes from microwave; place chicken in microwave. Microwave at HIGH 2 minutes or until thoroughly heated.
- ☐ Slice potatoes lengthwise, cutting to, but not through, other side; fluff with fork. Top each potato evenly with chicken, sour cream mixture, cheese, and remaining onions.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:24.27, Inflammation Score:-4, Nutrition Score:11.002608584321%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 238.79kcal (11.94%), Fat: 6.91g (10.63%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 31.12g (11.32%), Sugar: 1.33g (1.48%), Cholesterol: 26.6mg (8.87%), Sodium: 132.73mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Vitamin B6: 0.67mg (33.3%), Potassium: 830.34mg (23.72%), Phosphorus: 211.37mg (21.14%), Vitamin B3: 3.05mg (15.24%), Vitamin K: 15.98µg (15.22%), Manganese: 0.28mg (14.05%), Vitamin C: 11.37mg (13.78%), Calcium: 127.78mg (12.78%), Magnesium: 49.08mg (12.27%), Vitamin B1: 0.17mg (11.12%), Iron: 1.79mg (9.97%), Copper: 0.2mg (9.82%), Fiber: 2.37g (9.47%), Selenium: 6.27µg (8.95%), Vitamin B2: 0.15mg (8.73%), Folate: 33.46µg (8.37%), Zinc: 1.16mg (7.7%), Vitamin B5: 0.71mg (7.07%), Vitamin A: 210.47IU (4.21%), Vitamin B12: 0.25µg (4.1%), Vitamin E: 0.2mg (1.33%)