



BBQ Pork and Pepper Jack Potato Filling

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

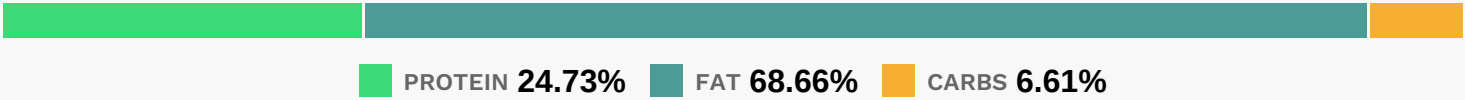
- ☐ 8 servings barbecue sauce
- ☐ 0.3 cup green onions minced
- ☐ 6 oz pepper jack cheese shredded
- ☐ 0.5 lb barbecued pork chopped (without sauce)
- ☐ 8 servings twice-baked potatoes four ways
- ☐ 4 teaspoons ranch dressing mix

Equipment

Directions

- ☐ Stir together barbecued pork, pepper Jack cheese, minced green onions, and Ranch dressing mix. Stir into potato pulp as directed in Twice-
- ☐ Baked Potatoes Four Ways.
- ☐ Serve potatoes with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:5.5934783375782%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 166.03kcal (8.3%), Fat: 12.46g (19.18%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.54g (0.6%), Cholesterol: 39.33mg (13.11%), Sodium: 379.48mg (16.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.2%), Calcium: 166.03mg (16.6%), Phosphorus: 146.33mg (14.63%), Selenium: 10.1µg (14.43%), Vitamin B1: 0.21mg (14.27%), Vitamin B2: 0.15mg (9.04%), Vitamin K: 9.19µg (8.76%), Zinc: 1.28mg (8.55%), Vitamin B6: 0.13mg (6.58%), Vitamin B3: 1.29mg (6.44%), Vitamin B12: 0.37µg (6.25%), Vitamin A: 209.29IU (4.19%), Potassium: 116.62mg (3.33%), Magnesium: 12.32mg (3.08%), Iron: 0.48mg (2.66%), Vitamin B5: 0.24mg (2.42%), Folate: 8.09µg (2.02%), Vitamin C: 1.18mg (1.44%), Copper: 0.02mg (1.24%)