



Breakfast-Stuffed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 10 ounce broccoli frozen thawed drained chopped
- 4 ounces cream cheese fat-free softened
- 0.3 cup half-and-half fat-free
- 0.3 teaspoon garlic salt
- 0.3 cup cheddar cheese shredded reduced-fat
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper freshly ground
- 0.5 small onion diced sweet

- 4 slices at least of turkey bacon diced
- 24 ounce yukon gold potatoes

Equipment

- frying pan
- oven
- muffin tray

Directions

- Bake potatoes at 400 for 35 to 40 minutes or until tender; cool slightly.
- Cut potatoes in half crosswise; gently scoop out pulp, leaving a 1/4-inch-thick shell and reserving pulp. Stand potato shells, cut side up, in miniature muffin pan cups. Stir together reserved pulp, half-and-half, and next 4 ingredients.
- Cook bacon in a nonstick skillet over medium-high heat 2 to 3 minutes or until browned.
- Add onion and broccoli; saut 4 to 5 minutes or until tender. Stir into potato mixture.
- Stuff mixture evenly into potato shells.
- Sprinkle with Cheddar cheese.
- Bake stuffed potatoes at 350 for 15 minutes or until heated through.
- Note: Stuffed potatoes may be prepared up to 24 hours before final baking.
- Let stand at room temperature for 30 minutes.
- Bake as directed.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:15.12, Inflammation Score:-7, Nutrition Score:16.224782527789%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 214.39kcal (10.72%), Fat: 7.25g (11.15%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 23.91g (8.69%), Sugar: 4.63g (5.14%), Cholesterol: 14.88mg (4.96%), Sodium: 419.1mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.13%), Vitamin C: 65.88mg (79.85%), Vitamin K: 50.68µg (48.27%), Phosphorus: 271.57mg (27.16%), Vitamin B6: 0.51mg (25.57%), Potassium: 768.68mg (21.96%), Fiber: 3.99g (15.97%), Manganese: 0.31mg (15.56%), Folate: 61.9µg (15.47%), Calcium: 152.54mg (15.25%), Vitamin B1: 0.19mg (12.68%), Magnesium: 47.46mg (11.86%), Vitamin B2: 0.2mg (11.69%), Vitamin B3: 2.18mg (10.92%), Selenium: 7.09µg (10.13%), Vitamin B5: 0.93mg (9.34%), Copper: 0.18mg (8.92%), Zinc: 1.25mg (8.36%), Iron: 1.43mg (7.96%), Vitamin A: 341.2IU (6.82%), Vitamin B12: 0.35µg (5.83%), Vitamin E: 0.47mg (3.12%)