



Broccoli and Cheese-Stuffed Baked Potatoes

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce broccoli florets frozen
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 tablespoon flour
- ☐ 10 ounces baking potatoes scrubbed
- ☐ 4 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup skim milk

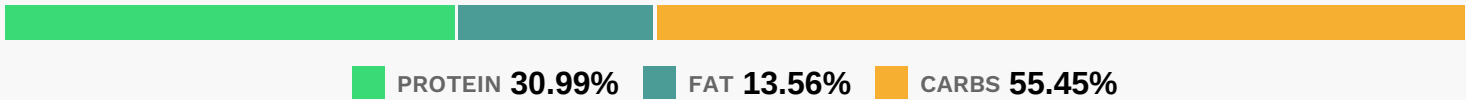
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ OVEN: Preheat oven to 40
- ☐ Pierce potatoes with a fork, and wrap each in foil.
- ☐ Bake until tender, 1 hour.
- ☐ MICROWAVE: Pierce potatoes with a fork, and wrap each in a paper towel.
- ☐ Place in microwave, and cook on high 8 minutes, until just tender when pierced with a fork (potatoes will continue to cook when removed from microwave).
- ☐ Combine milk and flour in a small saucepan, bring to simmer, and cook, whisking, until thickened, 23 minutes.
- ☐ Add cheese, salt, pepper, and cayenne, and whisk until sauce is smooth. Continue to simmer, whisking, an additional 2 minutes.
- ☐ Heat broccoli in a heat-safe dish in the microwave for 4-5 minutes, until hot.
- ☐ Split cooked potatoes open with a knife. Spoon 1/2 cup broccoli into each potato, and top with 1/4 cup Cheddar sauce.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:12.79, Inflammation Score:-7, Nutrition Score:17.006956670595%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 152.09kcal (7.6%), Fat: 2.37g (3.65%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 18.98g (6.9%), Sugar: 4.12g (4.58%), Cholesterol: 7.33mg (2.44%), Sodium: 510.03mg (22.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Vitamin C: 67.31mg (81.58%), Vitamin K: 74µg (70.47%), Phosphorus: 274.53mg (27.45%), Calcium: 221.92mg (22.19%), Vitamin B6: 0.41mg (20.53%), Potassium: 619.92mg (17.71%), Folate: 62.13µg (15.53%), Manganese: 0.29mg (14.7%), Vitamin B2: 0.24mg (14.07%), Vitamin A: 621.34IU (12.43%), Fiber: 2.86g (11.45%), Selenium: 7.73µg (11.05%), Magnesium: 41.96mg (10.49%), Vitamin B1: 0.15mg (10.17%), Vitamin B5: 0.85mg (8.45%), Zinc: 1.24mg (8.24%), Iron: 1.35mg (7.51%), Vitamin B3: 1.37mg (6.86%), Vitamin B12: 0.41µg (6.76%), Copper: 0.12mg (5.97%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.53µg (3.56%)