



Broccoli-and- Cheese-Stuffed Baked Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



500 kcal

SIDE DISH

Ingredients

- ☐ 8 large baking potatoes
- ☐ 5 cups broccoli florets
- ☐ 2 cups cheddar low-fat grated
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion finely chopped
- ☐ 8 servings salt and pepper

☐ 0.5 cup cup heavy whipping cream sour

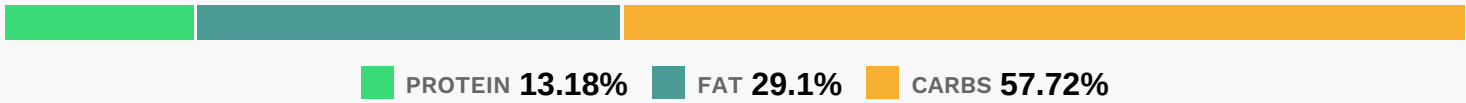
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 375F. Rub potatoes with 1 Tbsp. oil; pierce with a knife.
- ☐ Bake until tender, 1 hour and 30 minutes. Steam broccoli until tender, 5 minutes.
- ☐ Drain; rinse. Pat dry and roughly chop.
- ☐ In a skillet over low heat, warm 1 Tbsp. oil. Saut onion until soft, 10 minutes.
- ☐ Add garlic; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Let potatoes rest until cool enough to handle. Set oven to 350F.
- ☐ Cut top 1/4 inch off potato. Scoop out flesh.
- ☐ Mash potato flesh.
- ☐ Mix with remaining ingredients. Fill potato shells with mixture; bake 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.84, Glycemic Load:54.03, Inflammation Score:-8, Nutrition Score:28.433043521384%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 499.82kcal (24.99%), Fat: 16.67g (25.65%), Saturated Fat: 7.67g (47.94%), Carbohydrates: 74.41g (24.8%), Net Carbohydrates: 67.79g (24.65%), Sugar: 5.01g (5.57%), Cholesterol: 37.65mg (12.55%), Sodium: 424.19mg (18.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.97%), Vitamin C: 73.75mg (89.39%), Vitamin B6: 1.44mg (72.19%), Vitamin K: 67.78µg (64.55%), Potassium: 1803.08mg (51.52%), Phosphorus: 396.23mg (39.62%), Manganese: 0.75mg (37.66%), Calcium: 305.51mg (30.55%), Magnesium: 109.05mg (27.26%), Fiber: 6.63g (26.5%), Vitamin B1: 0.37mg (24.66%), Folate: 97.89µg (24.47%), Copper: 0.43mg (21.59%), Vitamin B3: 4.25mg (21.25%), Vitamin B2: 0.35mg (20.84%), Iron: 3.73mg (20.72%), Selenium: 11.88µg (16.97%), Vitamin B5: 1.66mg (16.62%), Zinc: 2.47mg (16.46%), Vitamin A: 743.51IU (14.87%), Vitamin E: 1.26mg (8.4%), Vitamin B12: 0.37µg (6.18%), Vitamin D: 0.25µg (1.69%)