



Broccoli and Cheese-Stuffed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- 2 slices bacon
- 1.8 pounds baking potatoes
- 0.5 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 1 cup broccoli florets
- 2 tablespoons milk fat-free
- 1 cup pre mushrooms
- 0.5 cup onion chopped

- 0.1 teaspoon salt
- 0.3 cup cup heavy whipping cream fat-free sour
- 2 ounces swiss cheese shredded reduced-fat

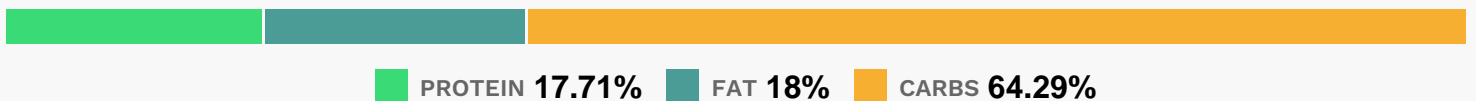
Equipment

- frying pan
- paper towels
- oven
- microwave

Directions

- Preheat oven to 45
- Pierce potatoes with a fork; arrange on paper towels in microwave oven. Microwave at high 16 minutes or until done, turning and rearranging potatoes after 8 minutes.
- Let stand 5 minutes.
- While potatoes cook, cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan; reserve 1 teaspoon drippings in pan. Crumble bacon; set aside.
- Add broccoli, mushrooms, onion, and garlic to drippings in pan; cook 7 minutes or until tender, stirring frequently.
- Remove from heat.
- Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell.
- Combine potato pulp, onion mixture, cheese, and remaining ingredients; divide evenly among shells.
- Bake at 450 for 8 minutes or until potatoes are thoroughly heated.
- Sprinkle with reserved bacon.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:29.35, Inflammation Score:-6, Nutrition Score:16.727826014809%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 264.71kcal (13.24%), Fat: 5.45g (8.39%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 39.99g (14.54%), Sugar: 3.58g (3.98%), Cholesterol: 13.74mg (4.58%), Sodium: 216.74mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.14%), Vitamin B6: 0.84mg (41.87%), Vitamin C: 33.98mg (41.19%), Potassium: 1081.87mg (30.91%), Phosphorus: 276.19mg (27.62%), Vitamin K: 27.36µg (26.06%), Manganese: 0.45mg (22.54%), Calcium: 209.86mg (20.99%), Vitamin B3: 3.57mg (17.87%), Vitamin B1: 0.25mg (16.9%), Vitamin B2: 0.29mg (16.89%), Magnesium: 64.08mg (16.02%), Copper: 0.32mg (15.88%), Fiber: 3.84g (15.36%), Folate: 52.66µg (13.16%), Selenium: 8.81µg (12.58%), Vitamin B5: 1.21mg (12.1%), Iron: 2.15mg (11.94%), Zinc: 1.63mg (10.89%), Vitamin B12: 0.39µg (6.49%), Vitamin A: 223.17IU (4.46%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.19µg (1.26%)