



Broccoli Bakers

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large baking potatoes
- ☐ 0.3 cup broccoli diced
- ☐ 4 bacon crumbled cooked
- ☐ 2 spring onion chopped
- ☐ 0.3 cup milk
- ☐ 1 teaspoon salt
- ☐ 2 ounces cheddar cheese shredded
- ☐ 0.5 cup cream sour

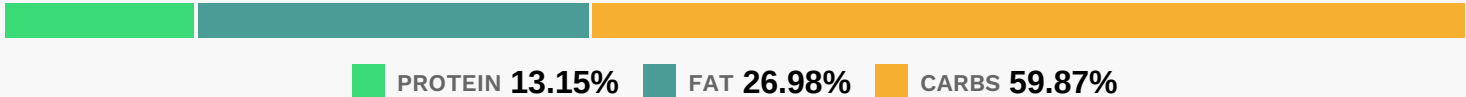
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut a 1-inch-wide strip from the top of each baked potato. Carefully scoop out pulp, leaving shells intact.
- ☐ Mash pulp. Stir in broccoli and next 6 ingredients. Spoon into shells, and place on a baking sheet.
- ☐ Bake, covered, at 400 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:52.97, Inflammation Score:-7, Nutrition Score:21.204347833343%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 456.65kcal (22.83%), Fat: 14.02g (21.57%), Saturated Fat: 6.97g (43.58%), Carbohydrates: 70.01g (23.34%), Net Carbohydrates: 64.91g (23.6%), Sugar: 4.28g (4.76%), Cholesterol: 40.89mg (13.63%), Sodium: 844.41mg (36.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Vitamin B6: 1.36mg (68%), Potassium: 1682.44mg (48.07%), Phosphorus: 342.01mg (34.2%), Vitamin C: 27.33mg (33.12%), Manganese: 0.61mg (30.45%), Vitamin B1: 0.37mg (24.87%), Magnesium: 98.25mg (24.56%), Vitamin K: 25.49µg (24.28%), Vitamin B3: 4.78mg (23.88%), Calcium: 204.13mg (20.41%), Fiber: 5.1g (20.38%), Copper: 0.41mg (20.33%), Iron: 3.43mg (19.03%), Vitamin B2: 0.28mg (16.67%), Folate: 63.67µg (15.92%), Selenium: 11.07µg (15.82%), Vitamin B5: 1.45mg (14.48%), Zinc: 2.04mg (13.6%), Vitamin A: 446.58IU (8.93%), Vitamin B12: 0.38µg (6.34%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.28µg (1.9%)