



Broccoli-Cheese Bakers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds baking potatoes
- ☐ 1.5 cups broccoli florets steamed chopped
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded divided reduced-fat
- ☐ 3 center-cut bacon crumbled cooked
- ☐ 2 tablespoons yogurt-based spread

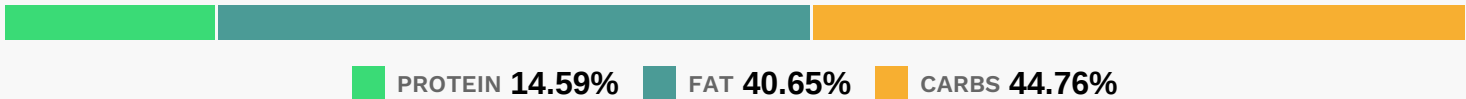
Equipment

- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork; arrange on paper towels in microwave oven. Microwave at HIGH 10 minutes or until done, rearranging potatoes after 5 minutes.
- ☐ Let stand 5 minutes.
- ☐ Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell.
- ☐ Combine potato pulp, 1/4 cup cheese, and next 5 ingredients. Spoon potato mixture evenly into shells.
- ☐ Top each potato half with 2 tablespoons cheese. Arrange stuffed potato halves on paper towels in microwave oven. Microwave at HIGH 2 minutes or until thoroughly heated.
- ☐ Help combine measured ingredients
- ☐ Top stuffed potatoes with cheese
- ☐ Pierce potatoes with a fork
- ☐ Help scoop out potato pulp
- ☐ Help spoon potato mixture into shells

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:28.87, Inflammation Score:-6, Nutrition Score:17.567391452582%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 356.1kcal (17.8%), Fat: 16.42g (25.26%), Saturated Fat: 7.84g (49.01%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 37.22g (13.53%), Sugar: 2.39g (2.65%), Cholesterol: 40.16mg (13.39%), Sodium: 580.66mg

(25.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.53%), Vitamin C: 41.97mg (50.88%), Vitamin B6: 0.81mg (40.5%), Vitamin K: 39.01µg (37.15%), Potassium: 1040.59mg (29.73%), Phosphorus: 275.92mg (27.59%), Calcium: 232.29mg (23.23%), Manganese: 0.39mg (19.42%), Selenium: 11.8µg (16.85%), Vitamin B1: 0.25mg (16.62%), Magnesium: 63.65mg (15.91%), Vitamin B3: 2.97mg (14.84%), Vitamin B2: 0.25mg (14.69%), Folate: 56.55µg (14.14%), Fiber: 3.47g (13.87%), Zinc: 1.85mg (12.31%), Copper: 0.24mg (11.96%), Iron: 2.08mg (11.55%), Vitamin A: 506.5IU (10.13%), Vitamin B5: 1.01mg (10.11%), Vitamin B12: 0.43µg (7.09%), Vitamin E: 0.58mg (3.87%), Vitamin D: 0.24µg (1.61%)