



Broccoli-Stuffed Potatoes

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 12 oz baking potatoes
- ☐ 0.7 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup broccoli frozen cooked chopped
- ☐ 1 tablespoon pimientos chopped

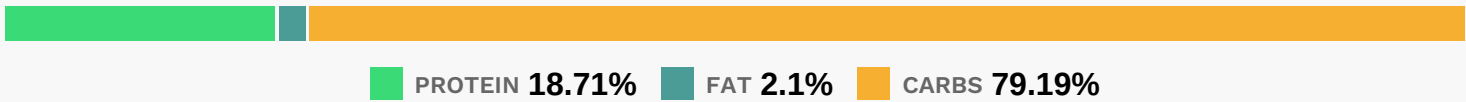
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Heat oven to 375°F. Pierce potatoes several times with fork to allow steam to escape.
- ☐ Bake 1 hour to 1 hour 15 minutes or until potatoes are tender when pierced in center with a fork.
- ☐ When potatoes are cool enough to handle, cut each potato in half lengthwise. Scoop out inside into medium bowl, leaving a thin shell. Mash potatoes with potato masher or electric mixer on low speed until no lumps remain.
- ☐ Beat in yogurt, onion, salt and pepper until light and fluffy. Stir in broccoli and pimientos. Fill potato shells with mashed potato mixture.
- ☐ Place on ungreased cookie sheet.
- ☐ Increase oven temperature to 450°F.
- ☐ Bake uncovered about 10 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:12.55, Inflammation Score:-4, Nutrition Score:9.0343477363172%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 100.74kcal (5.04%), Fat: 0.24g (0.38%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 18.84g (6.85%), Sugar: 4.37g (4.86%), Cholesterol: 0.82mg (0.27%), Sodium: 189.15mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin C: 29.11mg (35.28%), Vitamin K: 24.56µg (23.39%), Vitamin B6: 0.37mg (18.48%), Potassium: 543.7mg (15.53%), Phosphorus: 127.74mg (12.77%), Calcium: 104.43mg (10.44%), Manganese: 0.2mg (10%), Vitamin B2: 0.15mg (9.03%), Magnesium: 32.81mg (8.2%), Folate: 31.89µg (7.97%), Fiber: 1.86g (7.46%), Vitamin B1: 0.11mg (7.21%), Vitamin B5: 0.65mg (6.51%), Iron: 1.02mg (5.69%), Vitamin B3: 1.11mg (5.53%), Copper: 0.11mg (5.48%), Zinc: 0.75mg (5.01%), Vitamin A: 240.77IU (4.82%), Vitamin B12: 0.25µg (4.15%), Selenium: 2.4µg (3.42%), Vitamin E: 0.21mg (1.42%)