



 **16%**
HEALTH SCORE

Bruschetta Stuffed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



554 kcal

SIDE DISH

Ingredients

- 6 large baking potatoes dried washed
- 6 servings olive oil
- 0.5 large onion red finely chopped
- 1 large tomatoes diced ripe
- 1 tablespoon garlic clove minced (5 large garlic cloves)
- 2 tablespoons basil fresh chopped
- 2 tablespoons basil fresh chopped
- 0.5 cup mozzarella cheese grated chopped

- 1 cup milk (kefir, piima or other)
- 2 tablespoons butter
- 2 tablespoons olive oil
- 6 servings salt and pepper

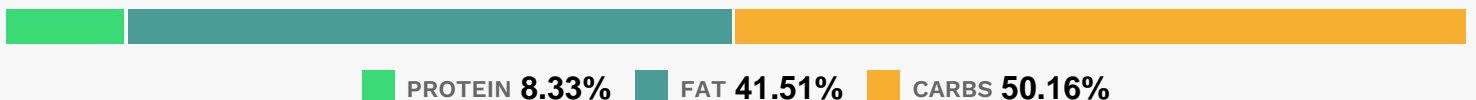
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 F. Generously coat skins of potatoes with oil (will make skin crispy).
- Bake for 1 to 1 1/2 hours or until tender.
- While potatoes are baking in the oven chop & mix together the red onion, tomato, garlic, fresh basil & cheese in a small bowl. Set aside.
- When potatoes are done cut small slices off the top of each potato, scoop out the soft flesh and place in a large bowl.
- Place empty shells on a baking sheet and turn oven down to 150 F.
- Mix and mash in cultured dairy, butter & olive oil.
- Pour bruschetta mixture in and stir well. Season to taste with sea salt and pepper.
- Spoon the bruschetta potato mixture back into the shells and return them to the oven to keep warm. If potatoes are not reheated to a high temperature, the enzymes in the dairy will be preserved.

Nutrition Facts



Properties

Glycemic Index:72.46, Glycemic Load:53.86, Inflammation Score:-7, Nutrition Score:20.921739130435%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Taste

Sweetness: 23.38%, Saltiness: 100%, Sourness: 13.82%, Bitterness: 12%, Savoriness: 25.53%, Fattiness: 78.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 553.8kcal (27.69%), Fat: 26.22g (40.34%), Saturated Fat: 7.07g (44.18%), Carbohydrates: 71.3g (23.77%), Net Carbohydrates: 65.93g (23.98%), Sugar: 5.55g (6.16%), Cholesterol: 22.29mg (7.43%), Sodium: 318.76mg (13.86%), Protein: 11.83g (23.67%), Vitamin B6: 1.36mg (67.77%), Potassium: 1702.72mg (48.65%), Manganese: 0.67mg (33.41%), Vitamin C: 26.52mg (32.15%), Phosphorus: 290.91mg (29.09%), Vitamin K: 26.53µg (25.27%), Magnesium: 97.16mg (24.29%), Vitamin B1: 0.35mg (23.13%), Fiber: 5.37g (21.46%), Copper: 0.41mg (20.61%), Vitamin B3: 4.09mg (20.43%), Vitamin E: 3.05mg (20.32%), Iron: 3.49mg (19.38%), Calcium: 156.47mg (15.65%), Folate: 59.69µg (14.92%), Vitamin B5: 1.33mg (13.3%), Vitamin B2: 0.22mg (12.74%), Vitamin A: 572.6IU (11.45%), Zinc: 1.61mg (10.72%), Vitamin B12: 0.44µg (7.34%), Selenium: 4.12µg (5.89%), Vitamin D: 0.48µg (3.23%)