



Cajun-Stuffed Potatoes



Gluten Free

READY IN



88 min.

SERVINGS



6

CALORIES



411 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup celery thinly sliced
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.8 teaspoon paprika sweet

- ☐ 1.5 pounds goat meat frozen thawed cooked
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon onion powder
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups onion yellow chopped

Equipment

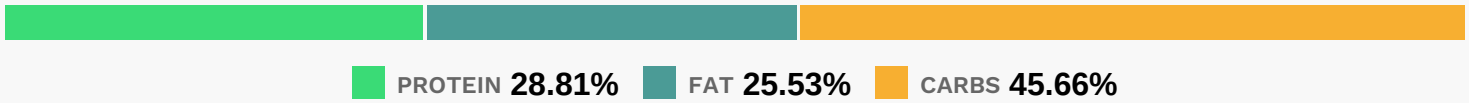
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 450
- ☐ Pierce potatoes with a fork; brush with 1 teaspoon olive oil.
- ☐ Bake at 450 for 50 minutes or until tender.
- ☐ Remove potatoes from oven; cool slightly.
- ☐ Cut potatoes in half lengthwise, and scoop pulp out of skins, leaving a 1/4-inch-thick shell.
- ☐ Place pulp in a large bowl; coarsely mash pulp.
- ☐ Preheat broiler to high.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 5 teaspoons oil to pan; swirl to coat.
- ☐ Add onion, bell pepper, and celery to pan; saut for 4 minutes.
- ☐ Add garlic and next 4 ingredients (through red pepper); saut 1 minute.
- ☐ Remove from heat.
- ☐ Add cheese, butter, and herbs, stirring until smooth.
- ☐ Stir cheese mixture and crawfish into potato pulp.

Place 1/2 cup crawfish mixture in each potato shell. Arrange stuffed potatoes on a baking sheet. Broil for 5 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:33.34, Inflammation Score:-9, Nutrition Score:24.643478269162%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 410.73kcal (20.54%), Fat: 11.77g (18.11%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 42.66g (15.51%), Sugar: 3.77g (4.18%), Cholesterol: 82.61mg (27.54%), Sodium: 473.4mg (20.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.79%), Vitamin B6: 1.77mg (88.3%), Vitamin B3: 14.44mg (72.2%), Selenium: 37.76µg (53.94%), Potassium: 1510.02mg (43.14%), Vitamin C: 34.15mg (41.4%), Phosphorus: 387.13mg (38.71%), Manganese: 0.54mg (27.08%), Vitamin B5: 2.42mg (24.18%), Magnesium: 93.07mg (23.27%), Vitamin B1: 0.3mg (19.74%), Fiber: 4.71g (18.85%), Iron: 3.08mg (17.12%), Vitamin K: 16.99µg (16.19%), Copper: 0.31mg (15.58%), Vitamin B2: 0.22mg (13.2%), Folate: 51.64µg (12.91%), Vitamin A: 498.86IU (9.98%), Zinc: 1.5mg (9.97%), Vitamin E: 1.39mg (9.29%), Calcium: 70.81mg (7.08%), Vitamin B12: 0.23µg (3.91%)