



Campfire Baked Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

Ingredients



4 medium baking potatoes



0.3 cup butter softened

Equipment

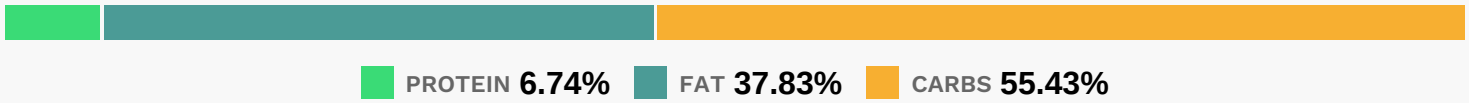


aluminum foil

Directions

Poke each potato several times all over with a fork. Smear each potato with 1 tablespoon of butter, then double wrap in aluminum foil. Bury the potatoes in the hot coals. Allow to cook for 30 to 60 minutes until soft.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:30.28, Inflammation Score:-4, Nutrition Score:9.3382607244927%

Nutrients (% of daily need)

Calories: 269.99kcal (13.5%), Fat: 11.68g (17.96%), Saturated Fat: 7.35g (45.92%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 35.73g (12.99%), Sugar: 1.33g (1.48%), Cholesterol: 30.5mg (10.17%), Sodium: 101.88mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin B6: 0.74mg (36.76%), Potassium: 891.62mg (25.47%), Manganese: 0.33mg (16.72%), Vitamin C: 12.14mg (14.72%), Magnesium: 49.27mg (12.32%), Phosphorus: 120.56mg (12.06%), Vitamin B1: 0.18mg (11.69%), Fiber: 2.77g (11.08%), Vitamin B3: 2.21mg (11.05%), Copper: 0.22mg (10.97%), Iron: 1.83mg (10.19%), Folate: 30.25µg (7.56%), Vitamin A: 356.68IU (7.13%), Vitamin B5: 0.66mg (6.57%), Vitamin K: 4.83µg (4.6%), Vitamin B2: 0.08mg (4.42%), Zinc: 0.63mg (4.2%), Calcium: 31.09mg (3.11%), Vitamin E: 0.35mg (2.34%), Selenium: 0.99µg (1.42%)