



Caramelized Onion-Stuffed Baked Potato

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

SIDE DISH

Ingredients

- 1.5 pounds baking potatoes
- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 0.5 teaspoon thyme dried
- 2 tablespoons sherry dry
- 1 garlic clove minced
- 2 ounces gruyere cheese shredded divided
- 2 tablespoons cream sour reduced-fat

- 2 cups onion red vertically sliced
- 0.5 teaspoon salt
- 2 teaspoons sugar
- 1 teaspoon worcestershire sauce

Equipment

- frying pan
- 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, sour cream, salt, and pepper. Spoon potato mixture evenly into shells.
- Melt butter in a medium nonstick skillet over medium-high heat.
- Add onion and sugar; saut 8 minutes or until browned. Stir in sherry, Worcestershire, thyme, and garlic; cook 1 minute or until liquid evaporates, scraping pan to loosen browned bits. Top each potato half with about 2 tablespoons onion mixture and 1 tablespoon of cheese. Arrange stuffed potato halves on paper towels in microwave oven. Microwave at high 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:77.21, Glycemic Load:27.34, Inflammation Score:-7, Nutrition Score:11.694347853246%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.26mg, Quercetin: 16.26mg, Quercetin: 16.26mg, Quercetin: 16.26mg

Nutrients (% of daily need)

Calories: 263.3kcal (13.17%), Fat: 6.97g (10.73%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 37.9g (13.78%), Sugar: 6.74g (7.49%), Cholesterol: 21.72mg (7.24%), Sodium: 440.75mg (19.16%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 9.05g (18.09%), Vitamin B6: 0.71mg (35.48%), Potassium: 873.87mg (24.97%), Phosphorus: 211.07mg (21.11%), Manganese: 0.42mg (21.03%), Calcium: 199.34mg (19.93%), Vitamin C: 16.16mg (19.59%), Fiber: 3.66g (14.66%), Magnesium: 54.49mg (13.62%), Vitamin B1: 0.19mg (12.73%), Copper: 0.22mg (11.03%), Iron: 1.94mg (10.79%), Folate: 41.73µg (10.43%), Vitamin B3: 1.9mg (9.52%), Zinc: 1.24mg (8.3%), Vitamin B2: 0.13mg (7.65%), Vitamin B5: 0.7mg (7.02%), Vitamin K: 6.33µg (6.03%), Selenium: 3.49µg (4.98%), Vitamin B12: 0.26µg (4.25%), Vitamin A: 210.9IU (4.22%)