



WHATSheATe



## Cheddar and Blue Cheese Twice-Baked Potatoes



Vegetarian



Gluten Free

READY IN



47 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

### Ingredients

- ☐ 32 ounce baking potatoes
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 0.5 cup milk fat-free
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons butter light
- ☐ 8 ounce pre- mushrooms
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ microwave

## Directions

- ☐ Pierce potatoes with a fork, and arrange in a circle on paper towels in microwave oven. Cover potatoes with damp paper towels. Microwave at HIGH 12 minutes or until done.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, mushrooms, and oregano; coat with cooking spray. Cook 6 minutes or until tender.
- ☐ Remove from heat; stir in parsley.
- ☐ Preheat oven to 35
- ☐ Cut potatoes in half lengthwise, and scoop out pulp, leaving a 1/4-inch-thick shell. Arrange shells on a baking sheet. Set aside.
- ☐ Beat potato pulp, milk, and next 4 ingredients in a large bowl with a mixer at medium speed until smooth. Stuff shells evenly with potato mixture. Top with mushroom mixture.
- ☐ Sprinkle evenly with Cheddar cheese.
- ☐ Bake at 350 for 20 minutes or until cheese melts.

## Nutrition Facts



 **PROTEIN 15.46%**  **FAT 30.83%**  **CARBS 53.71%**

Properties

Glycemic Index:75, Glycemic Load:34.19, Inflammation Score:-8, Nutrition Score:21.936521810034%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 355.08kcal (17.75%), Fat: 12.58g (19.36%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 49.33g (16.44%), Net Carbohydrates: 44.76g (16.28%), Sugar: 5.91g (6.57%), Cholesterol: 32.23mg (10.74%), Sodium: 648.43mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin K: 69.99µg (66.65%), Vitamin B6: 0.94mg (46.87%), Potassium: 1294.71mg (36.99%), Phosphorus: 334.29mg (33.43%), Vitamin B2: 0.47mg (27.78%), Vitamin C: 22.08mg (26.76%), Calcium: 266.96mg (26.7%), Manganese: 0.49mg (24.28%), Vitamin B3: 4.6mg (22.99%), Copper: 0.45mg (22.46%), Selenium: 13.62µg (19.46%), Magnesium: 75.29mg (18.82%), Vitamin B1: 0.28mg (18.64%), Vitamin B5: 1.86mg (18.6%), Fiber: 4.56g (18.25%), Iron: 2.87mg (15.95%), Folate: 62.3µg (15.58%), Vitamin A: 749.24IU (14.98%), Zinc: 2.11mg (14.04%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 0.67µg (4.44%), Vitamin E: 0.44mg (2.91%)