



Cheese-Stuffed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

Ingredients

- 2.5 pounds baking potatoes
- 0.3 cup green onions finely chopped
- 6 servings paprika
- 0.3 teaspoon salt
- 0.8 cup sharp cheddar cheese shredded ()
- 1.5 cups cup heavy whipping cream fat-free sour

Equipment

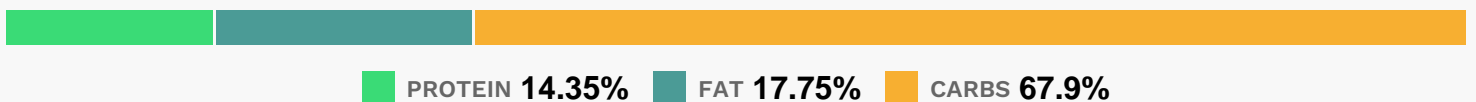
- bowl

- baking sheet
- paper towels
- oven
- microwave

Directions

- Preheat oven to 40
- Bake potatoes at 400 for 1 hour or until done, and cool slightly.
- Cut each potato open; carefully scoop pulp into a bowl, leaving shells intact.
- Add cheese and sour cream to pulp, and mash; stir in onions and salt.
- Increase oven temperature to 45
- Stuff shells with potato mixture, and sprinkle with paprika.
- Place on a baking sheet; bake at 450 for 15 minutes or until thoroughly heated.
- Microwave Directions: Pierce potatoes with a fork, and arrange in a circle on paper towels in microwave oven. Microwave at high 16 minutes or until done, turning and rearranging potatoes halfway through cooking time.
- Let stand 5 minutes. Stuff potatoes as directed above, and microwave at high 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:27.1, Inflammation Score:-8, Nutrition Score:13.832608847514%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 256.91kcal (12.85%), Fat: 5.22g (8.03%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 41.65g (15.15%), Sugar: 1.78g (1.98%), Cholesterol: 19.3mg (6.43%), Sodium: 282.05mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Vitamin B6: 0.72mg (35.97%), Potassium:

934.12mg (26.69%), Vitamin A: 1330.52IU (26.61%), Phosphorus: 231.6mg (23.16%), Calcium: 204.95mg (20.49%), Manganese: 0.34mg (16.95%), Vitamin K: 16.85µg (16.04%), Magnesium: 57.71mg (14.43%), Vitamin C: 11.84mg (14.35%), Vitamin B2: 0.24mg (14.11%), Fiber: 3.3g (13.2%), Vitamin B1: 0.19mg (12.78%), Iron: 2.15mg (11.97%), Selenium: 7.96µg (11.37%), Copper: 0.23mg (11.37%), Vitamin B3: 2.23mg (11.17%), Folate: 40.29µg (10.07%), Zinc: 1.46mg (9.75%), Vitamin B5: 0.68mg (6.82%), Vitamin B12: 0.32µg (5.37%), Vitamin E: 0.74mg (4.92%)