



Cheesy bean potatoes



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large baking potatoes
- ☐ 85 g butter
- ☐ 1 tbsp dijon mustard english
- ☐ 6 large spring onion finely chopped
- ☐ 175 g cheddar cheese grated for sprinkling
- ☐ 600 g beans red drained canned

Equipment

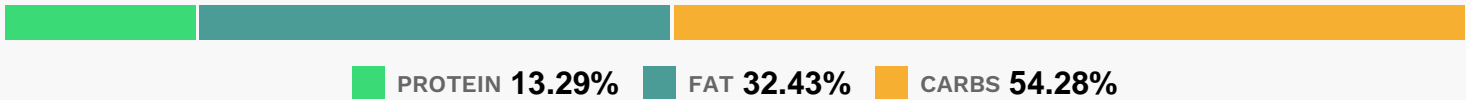
- ☐ bowl

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 200C/fan 220C/gas
- ☐ Oil and season the potatoes, then bake for 1 hr until a knife slides in easily and the skins are crispy. Cool for 10 mins.
- ☐ Halve the potatoes lengthways and scoop out the cooked potato into a bowl, leaving a thin layer behind so that the skins still hold their shape. Mash the potato with the butter, mustard and seasoning, then stir in the spring onions, 175g cheese and kidney beans. Pile the mixture into the potato skins and scatter with the remaining cheese. Can be made to this stage a day ahead and chilled.
- ☐ Bake for 30–40 mins until golden.
- ☐ Serve with the sausages and salad (see 'Goes well with').

Nutrition Facts



Properties

Glycemic Index:40.96, Glycemic Load:57.98, Inflammation Score:-8, Nutrition Score:27.963043456492%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 605.96kcal (30.3%), Fat: 22.41g (34.47%), Saturated Fat: 13.08g (81.73%), Carbohydrates: 84.39g (28.13%), Net Carbohydrates: 73.64g (26.78%), Sugar: 5.15g (5.72%), Cholesterol: 59.63mg (19.88%), Sodium: 772.79mg (33.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Vitamin B6: 1.39mg (69.44%), Vitamin K: 64.18µg (61.13%), Potassium: 1893.59mg (54.1%), Manganese: 0.91mg (45.66%), Phosphorus: 455.18mg (45.52%), Fiber: 10.75g (42.99%), Vitamin C: 26.53mg (32.16%), Magnesium: 128.03mg (32.01%), Calcium: 304.58mg (30.46%), Vitamin B1: 0.43mg (28.77%), Copper: 0.56mg (27.87%), Iron: 4.84mg (26.9%), Folate: 100.21µg (25.05%), Vitamin B3: 4.47mg (22.33%), Vitamin B2: 0.34mg (20.13%), Zinc: 2.87mg (19.14%), Vitamin A: 899.22IU (17.98%), Selenium: 11.12µg (15.89%), Vitamin B5: 1.4mg (13.95%), Vitamin B12: 0.33µg (5.55%), Vitamin E: 0.74mg (4.95%), Vitamin D: 0.17µg (1.17%)