



Cheesy Pizza Baked Potato

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



35 kcal

SIDE DISH

Ingredients

- 2 Tbsp classico pizza sauce traditional
- 1 baked potato hot
- 1 stick polly-o mozzarella string cheese kraft

Equipment

Directions

- Pull cheese into thin strips.

Cut slit in top of potato; press from both ends to squeeze open.

Top with pizza sauce and cheese.

Nutrition Facts

PROTEIN 10.88% **FAT 2.49%** **CARBS 86.63%**

Properties

Glycemic Index:25.75, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:2.3352174156386%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 34.81kcal (1.74%), Fat: 0.1g (0.15%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 6.74g (2.45%), Sugar: 0.55g (0.61%), Cholesterol: 0.11mg (0.04%), Sodium: 32.57mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin C: 8.81mg (10.68%), Vitamin B6: 0.13mg (6.58%), Potassium: 197.17mg (5.63%), Fiber: 1.03g (4.11%), Manganese: 0.07mg (3.58%), Magnesium: 10.7mg (2.67%), Copper: 0.05mg (2.65%), Phosphorus: 25.9mg (2.59%), Vitamin B3: 0.51mg (2.54%), Vitamin B1: 0.04mg (2.37%), Iron: 0.39mg (2.17%), Folate: 7.36µg (1.84%), Vitamin B5: 0.14mg (1.45%), Vitamin B2: 0.02mg (1.03%)