



Chicken-Club-Stuffed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 32 oz baking potatoes (2 lb.)
- ☐ 1 cup meat from a rotisserie chicken diced cooked
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 teaspoons olive oil
- ☐ 2 tablespoons onion minced
- ☐ 2 teaspoons salt

- ☐ 4 oz cheddar cheese shredded divided
- ☐ 0.3 cup sun-dried tomatoes drained chopped in oil
- ☐ 4 oz swiss cheese shredded divided

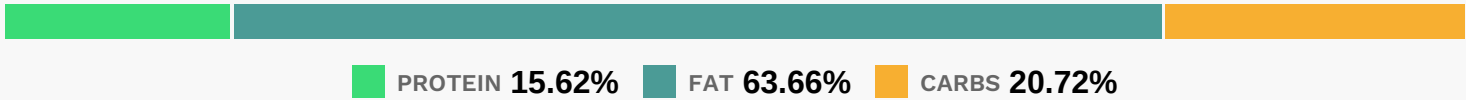
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Rub potatoes evenly with oil; sprinkle with salt.
- ☐ Bake at 425 directly on top oven rack for 55 minutes or until potatoes are tender and skin is crisp.
- ☐ Cook bacon in a skillet over medium-high heat 7 to 10 minutes or until crisp; drain on paper towels. Crumble bacon.
- ☐ Cut potatoes in half lengthwise; scoop pulp into a large bowl, leaving shells intact. Stir together pulp, bacon, chicken, 3/4 cup each Cheddar and Swiss cheese, and next 4 ingredients.
- ☐ Spoon mixture into shells; sprinkle with remaining cheeses.
- ☐ Place on an aluminum foil-lined baking sheet.
- ☐ Bake at 400 for 25 to 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:30.97, Glycemic Load:16.36, Inflammation Score:-4, Nutrition Score:13.461304348448%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 437.83kcal (21.89%), Fat: 31.13g (47.89%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 20.94g (7.62%), Sugar: 0.96g (1.07%), Cholesterol: 60.88mg (20.29%), Sodium: 986.56mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.37%), Phosphorus: 285.99mg (28.6%), Vitamin B6: 0.56mg (28.06%), Selenium: 18.57µg (26.53%), Calcium: 249.71mg (24.97%), Vitamin K: 25.89µg (24.66%), Potassium: 658.6mg (18.82%), Vitamin B3: 3.63mg (18.17%), Zinc: 2.07mg (13.79%), Vitamin C: 11.32mg (13.72%), Vitamin B12: 0.76µg (12.6%), Vitamin B1: 0.19mg (12.34%), Vitamin B2: 0.21mg (12.27%), Magnesium: 45.92mg (11.48%), Manganese: 0.22mg (11.02%), Copper: 0.17mg (8.73%), Iron: 1.51mg (8.42%), Vitamin B5: 0.81mg (8.08%), Fiber: 1.86g (7.45%), Vitamin A: 345.55IU (6.91%), Folate: 23.36µg (5.84%), Vitamin E: 0.87mg (5.81%), Vitamin D: 0.2µg (1.34%)