



Classic jacket potatoes

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

Ingredients

- 4 large baking potatoes
- 2 tsp olive oil
- 200 ml soured cream
- 50 g cheddar grated
- 4 bacon rashers crispy chopped
- 4 spring onion thinly sliced

Equipment

- oven

Directions

- Heat oven to 220C/200C fan/gas
- Rub 2 tsp olive oil over 4 large baking potatoes and put on the top shelf of the oven.
- Bake for 20 mins, then turn down the oven to 190C/170C fan/gas 5 and bake for 45 mins-1 hr until the skin is crisp and the flesh soft.
- Cut a cross on top of each potato, squeeze the sides, add 200ml soured cream and your favourite topping. (Please note: the nutritional information on this recipe is for one jacket potato with soured cream and cheese topping.)

Nutrition Facts



PROTEIN 10.59% **FAT 39.69%** **CARBS 49.72%**

Properties

Glycemic Index:35.94, Glycemic Load:52.71, Inflammation Score:-7, Nutrition Score:21.561304418937%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 554.22kcal (27.71%), Fat: 24.98g (38.43%), Saturated Fat: 10.64g (66.53%), Carbohydrates: 70.4g (23.47%), Net Carbohydrates: 65.29g (23.74%), Sugar: 4.27g (4.74%), Cholesterol: 55.7mg (18.57%), Sodium: 262.87mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.98%), Vitamin B6: 1.37mg (68.37%), Potassium: 1685.82mg (48.17%), Phosphorus: 333.26mg (33.33%), Vitamin K: 33.87µg (32.25%), Manganese: 0.61mg (30.38%), Vitamin C: 23.73mg (28.76%), Vitamin B1: 0.38mg (25.55%), Magnesium: 98.15mg (24.54%), Vitamin B3: 4.82mg (24.09%), Copper: 0.41mg (20.61%), Fiber: 5.11g (20.44%), Calcium: 195.2mg (19.52%), Iron: 3.51mg (19.49%), Vitamin B2: 0.29mg (16.82%), Folate: 64.88µg (16.22%), Selenium: 11.31µg (16.15%), Vitamin B5: 1.46mg (14.57%), Zinc: 2mg (13.3%), Vitamin A: 559.55IU (11.19%), Vitamin B12: 0.34µg (5.74%), Vitamin E: 0.8mg (5.33%), Vitamin D: 0.16µg (1.09%)