



## Confetti Twice-Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

### Ingredients

- 4 medium baking potatoes
- 2 tablespoons butter
- 0.3 cup skim milk fat-free
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 2 garlic clove minced
- 2 spring onion chopped
- 2 plum tomatoes chopped

- 2 ounces sharp cheddar cheese shredded reduced-fat
- 0.5 cup cream fat-free sour

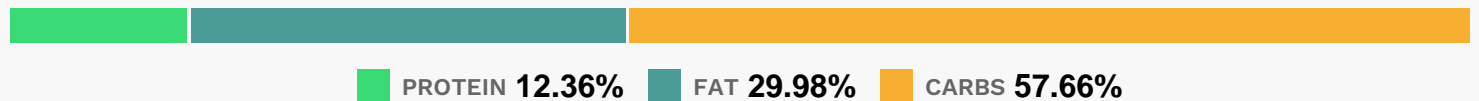
## Equipment

- bowl
- oven

## Directions

- Bake potatoes at 375 for 1 hour or until tender; cool 10 minutes. Reduce oven temperature to 35
- Cut potatoes in half lengthwise; carefully scoop out pulp into a large bowl, leaving shells intact. Stir together pulp, sour cream, milk, and butter; stir in basil and next 3 ingredients.
- Coat insides of potato shells with cooking spray. Spoon potato mixture evenly into shells; sprinkle evenly with tomato and cheese.
- Bake potatoes at 350 for 10 minutes or until thoroughly heated and cheese is melted.
- Note: To make ahead, place unbaked stuffed potato halves, covered, in the refrigerator. Bring potato halves to room temperature before baking at 350.

## Nutrition Facts



## Properties

Glycemic Index:43.38, Glycemic Load:15.6, Inflammation Score:-5, Nutrition Score:9.1691304315691%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 157.17kcal (7.86%), Fat: 5.38g (8.27%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 21.54g (7.83%), Sugar: 1.63g (1.81%), Cholesterol: 8.61mg (2.87%), Sodium: 110.55mg (4.81%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin K: 43.4µg (41.33%), Vitamin B6: 0.41mg (20.32%), Potassium: 542.98mg (15.51%), Vitamin C: 11.63mg (14.09%), Phosphorus: 121.17mg (12.12%), Vitamin A: 606.16IU (12.12%), Manganese: 0.21mg (10.74%), Calcium: 102.06mg (10.21%), Magnesium: 32.78mg (8.19%), Vitamin B1: 0.11mg (7.37%), Fiber: 1.74g (6.95%), Copper: 0.13mg (6.7%), Iron: 1.17mg (6.48%), Folate: 25.8µg (6.45%), Vitamin B3: 1.27mg (6.35%), Vitamin B2: 0.11mg (6.35%), Zinc: 0.75mg (4.99%), Selenium: 3.48µg (4.96%), Vitamin B5: 0.41mg (4.1%), Vitamin B12: 0.17µg (2.77%), Vitamin E: 0.29mg (1.95%)