



Crab-Stuffed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



790 kcal

SIDE DISH

Ingredients

- ☐ 4 large baking potatoes
- ☐ 0.5 cup butter
- ☐ 2 cups crab meat fresh flaked drained
- ☐ 1 tablespoon onion grated
- ☐ 4 servings paprika
- ☐ 1.5 teaspoons salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 0.5 cup whipping cream

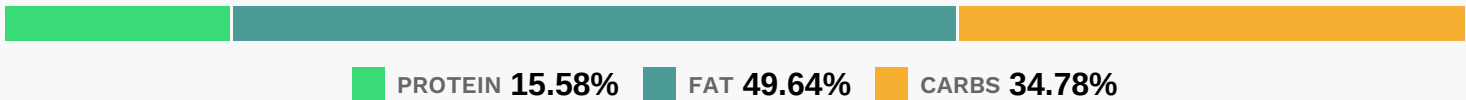
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut a 1-inch-wide strip from the top of each baked potato. Carefully scoop out the pulp, leaving shells intact.
- ☐ Mash pulp with butter and whipping cream; stir in crabmeat and next 3 ingredients. Spoon evenly into shells, and place on a baking sheet.
- ☐ Sprinkle with paprika.
- ☐ Bake at 425 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:52.74, Inflammation Score:-9, Nutrition Score:35.627391587133%

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: 789.54kcal (39.48%), Fat: 44.28g (68.12%), Saturated Fat: 17.24g (107.75%), Carbohydrates: 69.78g (23.26%), Net Carbohydrates: 64.25g (23.36%), Sugar: 3.56g (3.96%), Cholesterol: 97.25mg (32.42%), Sodium: 2055.22mg (89.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.55%), Vitamin B12: 7.94µg (132.27%), Vitamin B6: 1.48mg (73.87%), Copper: 1.18mg (59.15%), Selenium: 41.11µg (58.73%), Vitamin A: 2745.34IU (54.91%), Phosphorus: 547.54mg (54.75%), Potassium: 1821.53mg (52.04%), Zinc: 7.27mg (48.49%), Magnesium: 140.45mg (35.11%), Vitamin C: 27.35mg (33.15%), Manganese: 0.65mg (32.46%), Calcium: 320.88mg (32.09%), Vitamin B3: 4.99mg (24.94%), Folate: 97.5µg (24.38%), Vitamin B1: 0.36mg (24.23%), Iron: 4.18mg (23.22%), Fiber: 5.54g (22.15%), Vitamin B2: 0.37mg (22.04%), Vitamin B5: 1.67mg (16.75%), Vitamin E: 1.99mg (13.24%), Vitamin K: 9.89µg (9.42%), Vitamin D: 0.65µg (4.31%)