



Crab Stuffed Twice Baked Potatoes

 Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

Ingredients

- 6 large baking potatoes
- 6 servings pepper black freshly ground
- 2 tablespoons butter divided
- 1 cups cheese grated (provolone, Muenster or Jack - something mild)
- 2 cups crab meat cooked
- 2 tablespoons thyme leaves fresh
- 3 cloves garlic minced
- 1 tablespoon freshly parsley leaves italian chopped

- 6 servings salt
- 2 medium shallots
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 400 degrees F.
- Prick holes in the potatoes with a fork and place directly on the oven rack. Roast until cooked through, about 45 minutes, depending on the size of the potato.
- Add 2 tablespoons of butter to a frying pan.
- Add the shallots and cook until translucent. Next add the minced garlic and saute in the frying pan to gently brown the shallots and garlic.
- Add the thyme and crab and cook until heated through. Then set aside.
- Lower the oven to 350 degrees F.
- Once the potatoes are cooked and cool enough to handle cut, off a small portion of the top making an opening in the potato.
- Take a spoon and scoop the pulp into a bowl.
- Place the potato skins on a cookie sheet and put in a 350 degree F oven for about 5 minutes to dry them out and ensure they will be crispy when done.
- To the potato pulp, add the shallot/crab mixture, remaining butter, cheese and sour cream and mix. Then add parsley, salt and pepper, to taste. Fill the potato shells with the potato/crab mixture.
- Bake until cheese has melted around 35 to 45 minutes.
- Sprinkle with parsley.

Nutrition Facts

■ PROTEIN 19.3% ■ FAT 19.71% ■ CARBS 60.99%

Properties

Glycemic Index:60.75, Glycemic Load:53.81, Inflammation Score:-10, Nutrition Score:26.64521721135%

Flavonoids

Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 458.91kcal (22.95%), Fat: 10.27g (15.79%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 71.47g (23.82%), Net Carbohydrates: 65.89g (23.96%), Sugar: 3.78g (4.2%), Cholesterol: 70.14mg (23.38%), Sodium: 633.63mg (27.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.23%), Vitamin B6: 1.44mg (71.9%), Potassium: 1783.47mg (50.96%), Phosphorus: 445.06mg (44.51%), Copper: 0.79mg (39.41%), Manganese: 0.73mg (36.42%), Selenium: 25.01µg (35.73%), Vitamin C: 29.42mg (35.66%), Vitamin B12: 1.86µg (31%), Calcium: 291.92mg (29.19%), Magnesium: 116.65mg (29.16%), Vitamin B3: 5.24mg (26.2%), Zinc: 3.67mg (24.5%), Iron: 4.15mg (23.06%), Fiber: 5.58g (22.31%), Vitamin B1: 0.33mg (22.31%), Folate: 83.71µg (20.93%), Vitamin K: 18.83µg (17.93%), Vitamin B5: 1.79mg (17.9%), Vitamin B2: 0.28mg (16.66%), Vitamin A: 485.73IU (9.71%), Vitamin E: 1mg (6.66%)