



Creamy Cheese-and-Chive Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



562 kcal

SIDE DISH

Ingredients

- ☐ 4 large baking potatoes
- ☐ 5.5 ounce garlic-and-herb spreadable cheese soft
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons chives fresh divided chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 shallots chopped

☐ 0.7 cup cup heavy whipping cream sour

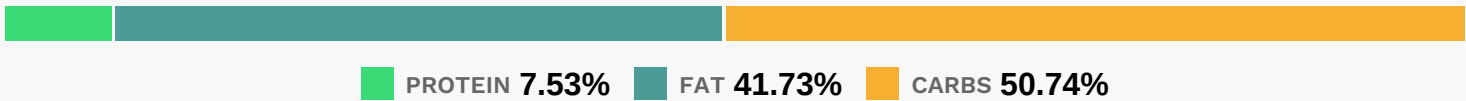
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut a 1-inch-wide strip from the top of each baked potato. Scoop out pulp, leaving potato shells intact. Mash pulp.
- ☐ Melt butter in a small skillet over medium heat; add shallot and garlic, and saut 2 minutes.
- ☐ Stir together pulp, shallot mixture, 1 tablespoon chives, and next 4 ingredients. Spoon into shells, and place on a baking sheet.
- ☐ Bake at 350 for 20 minutes.
- ☐ Sprinkle with remaining 2 tablespoons chives.
- ☐ Creamy Chive-and-Gorgonzola Potatoes: Substitute 2 ounces crumbled Gorgonzola cheese for soft spreadalbe cheese, and increase sour cream to 1 cup.
- ☐ Note: For testing purposes only, we used Alouette Garlic et Herbes Gourmet
- ☐ Spreadable Cheese.

Nutrition Facts



Properties

Glycemic Index:56.19, Glycemic Load:52.89, Inflammation Score:-7, Nutrition Score:17.874782800674%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 561.7kcal (28.09%), Fat: 26.97g (41.49%), Saturated Fat: 12.77g (79.83%), Carbohydrates: 73.78g (24.59%), Net Carbohydrates: 68.62g (24.95%), Sugar: 4.24g (4.71%), Cholesterol: 64.99mg (21.66%), Sodium: 314.52mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Vitamin B6: 1.33mg (66.69%), Potassium: 1626.3mg (46.47%), Manganese: 0.64mg (32.11%), Vitamin C: 24mg (29.1%), Phosphorus: 241.65mg (24.17%), Magnesium: 92mg (23%), Vitamin B1: 0.32mg (21.31%), Fiber: 5.16g (20.64%), Copper: 0.4mg (20.12%), Vitamin B3: 3.9mg (19.5%), Iron: 3.36mg (18.67%), Folate: 59.29µg (14.82%), Vitamin B5: 1.28mg (12.81%), Vitamin A: 591.25IU (11.82%), Vitamin K: 12.1µg (11.52%), Vitamin B2: 0.19mg (11.45%), Calcium: 96.92mg (9.69%), Zinc: 1.26mg (8.42%), Selenium: 3.24µg (4.63%), Vitamin E: 0.41mg (2.72%), Vitamin B12: 0.09µg (1.46%)