



## Creamy Stuffed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

SIDE DISH

### Ingredients

- 60 ounce baking potatoes
- 0.3 cup chives fresh minced
- 2 tablespoons chives fresh minced
- 1 teaspoon garlic minced
- 0.3 cup butter melted
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded

0.8 cup cup heavy whipping cream sour

0.3 cup milk whole

## Equipment

bowl

oven

## Directions

Wash potatoes; bake at 400 for 1 hour or until done.

Let cool to touch.

Cut a 1-inch lengthwise strip from top of each potato; carefully scoop out pulp, leaving shells intact. Mash pulp in a large bowl.

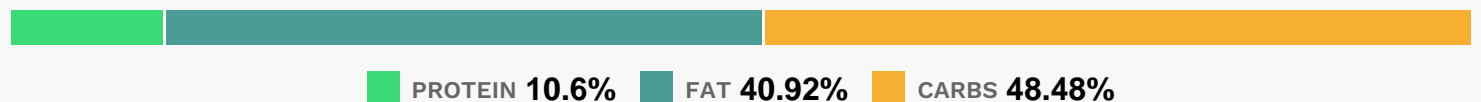
Add cheese and next 7 ingredients; stir well.

Spoon potato mixture evenly into shells.

Bake, uncovered, at 375 for 20 minutes or until thoroughly heated.

Sprinkle evenly with 2 tablespoons chives.

## Nutrition Facts



## Properties

Glycemic Index:50.29, Glycemic Load:40.75, Inflammation Score:-7, Nutrition Score:16.563043418138%

## Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 436.1kcal (21.8%), Fat: 20.31g (31.24%), Saturated Fat: 8.44g (52.78%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 50.32g (18.3%), Sugar: 3.51g (3.9%), Cholesterol: 37.49mg (12.5%), Sodium: 435.02mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Vitamin B6: 1.02mg (51.12%), Potassium: 1269.12mg (36.26%), Phosphorus: 282.77mg (28.28%), Manganese: 0.49mg (24.54%), Calcium: 223.24mg (22.32%),

Vitamin C: 18.14mg (21.99%), Magnesium: 76.63mg (19.16%), Vitamin B1: 0.26mg (17.03%), Vitamin A: 848.64IU (16.97%), Copper: 0.31mg (15.58%), Fiber: 3.8g (15.22%), Vitamin B3: 3.01mg (15.05%), Vitamin B2: 0.25mg (14.78%), Iron: 2.56mg (14.21%), Folate: 48.32µg (12.08%), Vitamin K: 11.99µg (11.42%), Selenium: 7.91µg (11.3%), Zinc: 1.69mg (11.26%), Vitamin B5: 1.1mg (11%), Vitamin B12: 0.34µg (5.72%), Vitamin E: 0.59mg (3.91%), Vitamin D: 0.26µg (1.75%)