



Creamy Waldorf potato topper

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

Ingredients

- ☐ 4 baking potatoes
- ☐ 1 tsp olive oil
- ☐ 200 g pot cheese low-fat soft
- ☐ 2 sticks celery thinly sliced
- ☐ 1 small onion red halved finely sliced
- ☐ 1 cox's apple cored chopped
- ☐ 50 g walnut pieces

Equipment

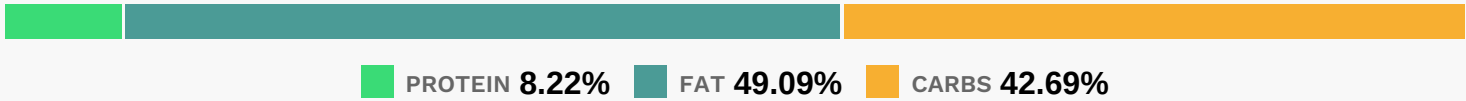
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microwave

Directions

- ☐
- Prick the potatoes with a fork and sit them on a microwaveable plate. Rub the skins with the olive oil, and sprinkle with some sea salt if you like. Microwave on High for 8 mins until soft in the centre. Leave to cool while you prepare the topping.
- ☐
- Mix the soft cheese, celery, onion, apple and half of the walnuts, then season to taste.
- ☐
- Cut the potatoes open, spoon on the topping and sprinkle with the remaining walnuts.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:33.51, Inflammation Score:-7, Nutrition Score:16.29782625385%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 472.42kcal (23.62%), Fat: 26.78g (41.21%), Saturated Fat: 11.1lg (69.43%), Carbohydrates: 52.4g (17.47%), Net Carbohydrates: 46.92g (17.06%), Sugar: 9.69g (10.77%), Cholesterol: 50.5mg (16.83%), Sodium: 185.48mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Vitamin B6: 0.9mg (44.82%), Manganese: 0.84mg (41.93%), Potassium: 1150.18mg (32.86%), Phosphorus: 231.68mg (23.17%), Copper: 0.46mg (22.86%), Fiber: 5.49g (21.94%), Vitamin C: 17.05mg (20.67%), Magnesium: 80.46mg (20.12%), Vitamin B1: 0.25mg (16.89%), Vitamin A: 791.05IU (15.82%), Folate: 60.36µg (15.09%), Vitamin B2: 0.23mg (13.81%), Iron: 2.41mg (13.38%), Vitamin B3: 2.53mg (12.64%), Vitamin K: 12.87µg (12.26%), Vitamin B5: 1.11mg (11.08%), Calcium: 105.51mg (10.55%), Zinc: 1.34mg (8.97%), Selenium: 5.98µg (8.55%), Vitamin E: 0.84mg (5.61%), Vitamin B12: 0.11µg (1.83%)