



Curried Vegetable Stuffed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce baking potatoes
- ☐ 3 cups broccoli red frozen
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 1.5 teaspoons curry powder
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon ground black red

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Scrub potatoes; prick each several times with a fork.
- ☐ Bake at 400 for 45 minutes to 1 hour or until done.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add ginger, and cook, stirring constantly, 1 minute.
- ☐ Add broccoli mixture, and cook 4 minutes. Stir in tomatoes and remaining 3 ingredients. Cook an additional 4 minutes or until most of liquid evaporates.
- ☐ Split open each potato, and squeeze to open; fluff pulp with a fork. Top potatoes with broccoli mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:36.69, Inflammation Score:-6, Nutrition Score:25.130869367848%

Nutrients (% of daily need)

Calories: 272.68kcal (13.63%), Fat: 1.41g (2.17%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 51.13g (18.59%), Sugar: 9.99g (11.1%), Cholesterol: 0mg (0%), Sodium: 308.06mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.89%), Vitamin B6: 1.44mg (72.14%), Vitamin B3: 10.21mg (51.03%), Potassium: 1776.64mg (50.76%), Manganese: 0.98mg (48.78%), Fiber: 9.41g (37.65%), Vitamin B5: 3.51mg (35.13%), Phosphorus: 350.35mg (35.03%), Copper: 0.67mg (33.53%), Vitamin B2: 0.5mg (29.32%), Vitamin C: 22.49mg (27.26%), Magnesium: 108.85mg (27.21%), Iron: 4.21mg (23.41%), Vitamin B1: 0.29mg (19.37%), Zinc: 2.71mg (18.09%), Folate: 68.37µg (17.09%), Selenium: 11.32µg (16.17%), Vitamin K: 10.38µg (9.89%), Vitamin E: 1.47mg (9.83%), Calcium: 71.85mg (7.18%), Vitamin A: 230.95IU (4.62%), Vitamin D: 0.68µg (4.52%)