

Foil Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 4 medium baking potatoes scrubbed
- ☐ 4 tablespoons butter
- ☐ 4 teaspoons garlic powder
- ☐ 2 teaspoons salt

Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Lay out 4 squares of aluminum foil on the counter.
- ☐ Cut each potato in half lengthwise, and place onto a square of aluminum foil.
- ☐ Place 1/2 tablespoon of butter onto the cut side of each half, then season with garlic powder and salt. Close the potato halves together, and wrap tightly in the aluminum foil.
- ☐ Bake potatoes directly on the oven rack for 40 minutes, or until tender.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:30.37, Inflammation Score:-5, Nutrition Score:9.9321739945723%

Nutrients (% of daily need)

Calories: 278.58kcal (13.93%), Fat: 11.55g (17.76%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 37.64g (13.69%), Sugar: 1.4g (1.56%), Cholesterol: 30.1mg (10.03%), Sodium: 1265.21mg (55.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Vitamin B6: 0.78mg (39.24%), Potassium: 927.6mg (26.5%), Manganese: 0.37mg (18.34%), Vitamin C: 12.18mg (14.76%), Phosphorus: 132.93mg (13.29%), Magnesium: 51.61mg (12.9%), Vitamin B1: 0.19mg (12.56%), Fiber: 3.04g (12.16%), Copper: 0.24mg (11.81%), Iron: 2.01mg (11.19%), Vitamin B3: 2.23mg (11.17%), Folate: 31.65µg (7.91%), Vitamin A: 351.99IU (7.04%), Vitamin B5: 0.68mg (6.79%), Zinc: 0.72mg (4.82%), Vitamin B2: 0.08mg (4.66%), Vitamin K: 4.83µg (4.6%), Calcium: 34.14mg (3.41%), Selenium: 1.71µg (2.45%), Vitamin E: 0.37mg (2.44%)