



Garden Stuffed Baked Potatoes

 **Vegetarian**  **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

Ingredients

- 10 ounce broccoli frozen thawed chopped
- 2 tablespoons butter
- 2 teaspoons parsley dried
- 1 small onion chopped
- 4 large potatoes
- 0.5 cup salad dressing ranch-style
- 4 servings salt and pepper to taste
- 1 tablespoon vegetable oil

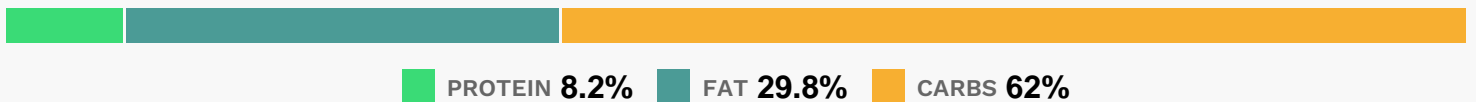
Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave

Directions

- Preheat oven to 425 degrees F (220 degrees C). Pierce the skin of the potatoes with a fork.
- Microwave pierced potatoes on HIGH for 12 minutes.
- Place partially baked potatoes in the preheated oven and bake for 15 minutes. Slice off potato tops, scoop out the bulk of the interior of the potato being careful to leave the potato skins intact. In a medium bowl, mash the removed potato interior.
- Heat a small skillet over medium heat, stir in butter.
- Saute onions in the skillet until tender, about 5 minutes.
- Combine onions, broccoli, and ranch dressing with the mashed potato.
- Brush the outside of the potato skins with oil. Spoon potato mixture into the skins. Arrange stuffed potatoes on a cookie sheet.
- Bake potatoes for 15 minutes in the preheated 425 degrees F (220 degrees C) oven, or until heated through. Season with salt, pepper, and parsley.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:48.47, Inflammation Score:-8, Nutrition Score:27.585652421998%

Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg,

Isorhamnetin: 1.04mg Kaempferol: 8.62mg, Kaempferol: 8.62mg, Kaempferol: 8.62mg, Kaempferol: 8.62mg
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.45mg, Quercetin:
8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 466.12kcal (23.31%), Fat: 15.89g (24.45%), Saturated Fat: 5.17g (32.3%), Carbohydrates: 74.39g (24.8%),
Net Carbohydrates: 64.12g (23.32%), Sugar: 8.01g (8.89%), Cholesterol: 15.05mg (5.02%), Sodium: 576.95mg
(25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.68%), Vitamin C: 137.39mg (166.53%),
Vitamin K: 103.24µg (98.33%), Vitamin B6: 1.25mg (62.65%), Potassium: 1830.74mg (52.31%), Fiber: 10.27g (41.09%),
Manganese: 0.75mg (37.52%), Phosphorus: 268.49mg (26.85%), Folate: 107.32µg (26.83%), Magnesium: 103.32mg
(25.83%), Vitamin B1: 0.36mg (23.99%), Copper: 0.45mg (22.31%), Vitamin B3: 4.41mg (22.04%), Iron: 3.52mg
(19.57%), Vitamin B5: 1.53mg (15.28%), Vitamin A: 635.75IU (12.71%), Vitamin B2: 0.21mg (12.31%), Vitamin E: 1.68mg
(11.21%), Zinc: 1.42mg (9.47%), Calcium: 87.8mg (8.78%), Selenium: 3.63µg (5.19%)