



Garlic And Green Onion-Stuffed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 2.3 pounds baking potatoes
- ☐ 8 ounce carton cream sour low-fat
- ☐ 5 garlic cloves minced
- ☐ 1 cup green onions sliced
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

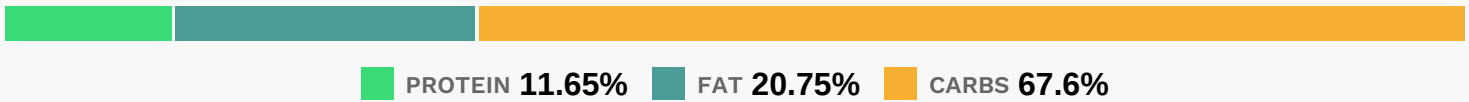
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat oven to 45
- ☐ Pierce potatoes with a fork, and bake at 450 for 1 hour or until done; cool slightly. Reduce oven to 35
- ☐ Place a nonstick skillet over medium-high heat until hot. Coat onions and garlic with cooking spray; add to pan and saut 5 minutes or until tender.
- ☐ Remove from heat.
- ☐ Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch shell. Mash pulp with a potato masher.
- ☐ Add onion mixture, sour cream, salt, and pepper to pulp.
- ☐ Spoon potato mixture into shells; sprinkle evenly with Parmesan cheese.
- ☐ Place stuffed potatoes on a baking sheet; bake at 350 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:29.79, Glycemic Load:24.67, Inflammation Score:-5, Nutrition Score:11.366956542368%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 205.58kcal (10.28%), Fat: 4.89g (7.52%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 33.12g (12.04%), Sugar: 1.55g (1.73%), Cholesterol: 15.4mg (5.13%), Sodium: 377.42mg (16.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Vitamin K: 37.97µg (36.16%), Vitamin B6: 0.64mg (31.89%), Potassium: 851.23mg (24.32%), Manganese: 0.35mg (17.45%), Vitamin C: 13.95mg (16.91%), Phosphorus: 146.36mg (14.64%), Magnesium: 47.89mg (11.97%), Calcium: 114.58mg (11.46%), Vitamin B1: 0.17mg (11.3%), Fiber: 2.72g (10.87%), Copper: 0.2mg (10.24%), Iron: 1.8mg (10%), Folate: 38.88µg (9.72%), Vitamin B3: 1.89mg (9.47%), Vitamin B2: 0.13mg (7.43%), Vitamin A: 314.16IU (6.28%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.55mg (5.49%), Selenium: 3.19µg (4.55%), Vitamin B12: 0.19µg (3.21%), Vitamin E: 0.24mg (1.58%)