



Garlic Baked Potato

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- 4 medium baking potatoes scrubbed
- 2 teaspoons garlic salt to taste
- 2 tablespoons olive oil
- 4 servings salt and pepper to taste

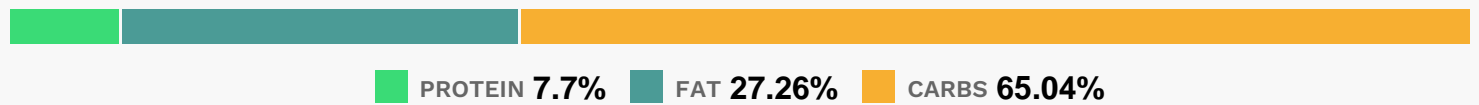
Equipment

- oven
- ziploc bags

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Pour olive oil into a plastic bag. Measure the garlic salt and pepper onto a plate, and stir around a little. Coat each potato with olive oil by placing in the bag, and moving it around.
- Remove from the bag, and dip into the seasoning. Rub seasoning into the potato to coat.
- Place the potatoes directly on the oven rack.
- Bake for 1 hour in the preheated oven, or until the potatoes feel soft when you squeeze them.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:30.27, Inflammation Score:-3, Nutrition Score:9.2921740092013%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 230.15kcal (11.51%), Fat: 7.17g (11.03%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.72g (12.99%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 1367.32mg (59.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin B6: 0.73mg (36.74%), Potassium: 888.56mg (25.39%), Manganese: 0.34mg (16.9%), Vitamin C: 12.14mg (14.72%), Magnesium: 49.03mg (12.26%), Phosphorus: 117.15mg (11.72%), Vitamin B1: 0.17mg (11.64%), Fiber: 2.77g (11.08%), Copper: 0.22mg (11.02%), Vitamin B3: 2.2mg (11.02%), Iron: 1.88mg (10.46%), Vitamin K: 8.05µg (7.66%), Folate: 29.82µg (7.45%), Vitamin E: 1.03mg (6.86%), Vitamin B5: 0.64mg (6.41%), Zinc: 0.62mg (4.14%), Vitamin B2: 0.07mg (4.13%), Calcium: 28.6mg (2.86%), Selenium: 0.86µg (1.22%)