



Grecian Stuffed Potatoes



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce baking potatoes
- ☐ 0.5 cup feta cheese crumbled reduced-fat
- ☐ 15 ounce no-salt-added garbanzo beans drained canned
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 3 tablespoons olives ripe sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 teaspoons no-salt-added greek seasoning divided

- ☐ 3 cups tomatoes diced
- ☐ 0.3 cup water

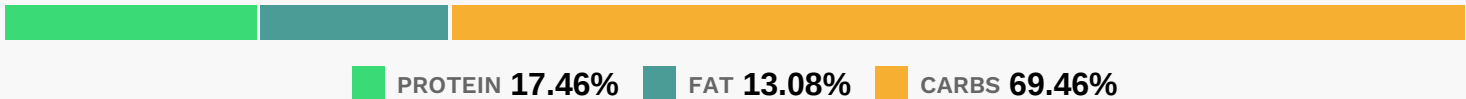
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Scrub potatoes; prick each several times with a fork.
- ☐ Bake at 400 for 45 minutes or until done.
- ☐ Position knife blade in food processor bowl; add beans, water, 1/4 cup lemon juice, 1/2 teaspoon Greek seasoning, and 1/4 teaspoon salt. Process 1 minute or until smooth.
- ☐ Combine remaining 1 tablespoon lemon juice, 1 teaspoon seasoning, and 1/4 teaspoon salt; add tomato, olives, and pepper, stirring well.
- ☐ Cut a lengthwise slit in top of each potato. Press ends of each potato toward center, pushing pulp up. Top potatoes evenly with bean mixture and tomato mixture; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:38.82, Inflammation Score:-9, Nutrition Score:25.883478392725%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 426.18kcal (21.31%), Fat: 6.46g (9.94%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 77.18g (25.73%), Net Carbohydrates: 64.54g (23.47%), Sugar: 10.53g (11.71%), Cholesterol: 10.04mg (3.35%), Sodium: 1449.04mg (63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Manganese: 1.6mg (79.96%), Folate: 234.62µg (58.65%), Vitamin B6: 1.03mg (51.44%), Fiber: 12.64g (50.58%), Potassium: 1540.08mg (44%), Vitamin C: 35.52mg (43.06%), Copper: 0.69mg (34.42%), Phosphorus: 331.82mg (33.18%), Iron: 5.39mg (29.93%), Magnesium: 117.45mg (29.36%), Vitamin B1: 0.36mg (23.71%), Vitamin A: 987.03IU (19.74%), Vitamin B3: 3.6mg (18%), Vitamin K: 17.45µg (16.62%), Zinc: 2.49mg (16.6%), Vitamin B5: 1.11mg (11.09%), Calcium: 98.5mg (9.85%), Vitamin B2: 0.17mg (9.76%), Vitamin E: 1.25mg (8.34%), Selenium: 4.92µg (7.03%)