



WHATSheATE



Ham and Gruyère-Stuffed Potatoes



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce baking potatoes
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons butter
- ☐ 0.5 cup ham cooked chopped
- ☐ 0.5 cup milk fat-free
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 ounces gruyère cheese shredded divided

☐ 0.3 teaspoon salt

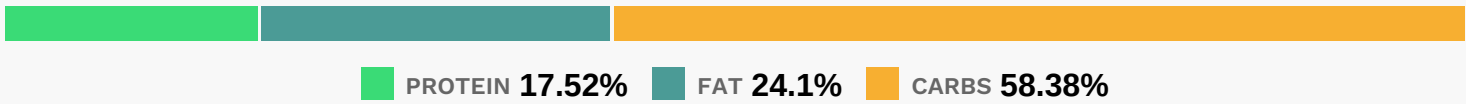
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 50
- ☐ Pierce the potatoes with a fork, and arrange in a circle on paper towels in microwave oven. Cover potatoes with damp paper towels. Microwave potatoes at high 12 minutes or until done, rearranging after 6 minutes.
- ☐ Let stand 2 minutes. Split open potatoes; scoop out pulp, leaving a 1/4-inch-thick shell. Reserve shells; set pulp aside.
- ☐ Heat butter in a small skillet over medium-high heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add milk; bring to a simmer.
- ☐ Pour milk mixture over potato pulp.
- ☐ Add 1/4 cup cheese, ham, and remaining ingredients, mixing well. Stuff shells with potato mixture.
- ☐ Sprinkle evenly with 1/4 cup cheese.
- ☐ Bake at 500 for 8 minutes or until the cheese begins to brown.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:32.87, Inflammation Score:-5, Nutrition Score:15.036086875459%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 289.63kcal (14.48%), Fat: 7.91g (12.16%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 40.05g (14.56%), Sugar: 3.03g (3.36%), Cholesterol: 32.2mg (10.73%), Sodium: 450.46mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.87%), Vitamin B6: 0.86mg (43.23%), Potassium: 1060.9mg (30.31%), Phosphorus: 287.8mg (28.78%), Calcium: 218.81mg (21.88%), Vitamin C: 17.94mg (21.74%), Vitamin K: 21.27µg (20.25%), Manganese: 0.4mg (20.24%), Vitamin B1: 0.29mg (19.34%), Magnesium: 64.99mg (16.25%), Vitamin B3: 2.92mg (14.62%), Copper: 0.26mg (13.09%), Iron: 2.19mg (12.18%), Fiber: 3.04g (12.16%), Zinc: 1.69mg (11.28%), Vitamin B2: 0.19mg (11.27%), Vitamin B12: 0.61µg (10.13%), Vitamin B5: 1.01mg (10.11%), Selenium: 6.58µg (9.4%), Folate: 35.86µg (8.96%), Vitamin A: 346.63IU (6.93%), Vitamin D: 0.42µg (2.81%)