



Ham-and-Spinach Spuds

 Very Healthy

READY IN



57 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.3 cups gouda cheese shredded finely
- ☐ 3 ounces ham cut into strips thin
- ☐ 4 servings kosher salt
- ☐ 2 cups milk
- ☐ 1 pinch nutmeg freshly grated
- ☐ 4 tablespoons olive oil extra-virgin plus more for brushing

- ☐ 4 large russet potatoes
- ☐ 1 bunch pkt spinach roughly chopped

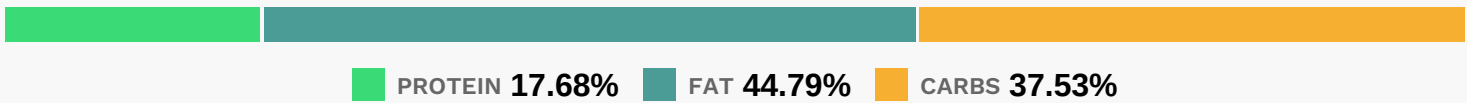
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Preheat the oven to 400 degrees. Pierce the potatoes with a fork; microwave for 15 minutes.
- ☐ Remove and brush with olive oil; transfer to the oven rack and bake until fully tender, about 15 minutes.
- ☐ Meanwhile, heat 2 tablespoons oil in a medium skillet over medium heat. Stir in the flour with a wooden spoon and cook until slightly toasted, about 2 minutes.
- ☐ Whisk in the milk and bring to a boil. Reduce the heat and simmer, whisking occasionally, until the sauce begins to thicken, about 6 minutes. Stir in the spinach and ham and cook until the greens wilt and the mixture is about as thick as sour cream, 3 to 4 more minutes. Season with the cayenne and nutmeg and add salt to taste.
- ☐ Slice the cooked potatoes lengthwise down the middle (but not all the way through); press in on the ends to open the slit.
- ☐ Drizzle 1/2 tablespoon oil into each potato; fluff the flesh with a fork and season with salt. Divide the spinach mixture among the potatoes and top with the shredded cheese while still hot.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:89.69, Glycemic Load:57.56, Inflammation Score:-10, Nutrition Score:48.127391068832%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 837.93kcal (41.9%), Fat: 42.49g (65.36%), Saturated Fat: 18.71g (116.91%), Carbohydrates: 80.1g (26.7%), Net Carbohydrates: 73.27g (26.65%), Sugar: 10.24g (11.38%), Cholesterol: 112.11mg (37.37%), Sodium: 1184.05mg (51.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.46%), Vitamin K: 427.72µg (407.35%), Vitamin A: 8598.68IU (171.97%), Vitamin B6: 1.66mg (82.79%), Phosphorus: 821.66mg (82.17%), Calcium: 802.52mg (80.25%), Manganese: 1.39mg (69.58%), Potassium: 2351.87mg (67.2%), Folate: 239.8µg (59.95%), Vitamin C: 44.94mg (54.48%), Magnesium: 193.47mg (48.37%), Vitamin B2: 0.76mg (44.92%), Vitamin B1: 0.62mg (41.17%), Zinc: 5.43mg (36.2%), Iron: 6.1mg (33.91%), Vitamin B12: 1.93µg (32.22%), Selenium: 21.47µg (30.67%), Vitamin B3: 5.78mg (28.92%), Vitamin E: 4.1mg (27.35%), Fiber: 6.83g (27.31%), Copper: 0.54mg (27.21%), Vitamin B5: 1.99mg (19.86%), Vitamin D: 1.86µg (12.4%)