



Ham-and-Swiss-Loaded Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup green onions divided thinly sliced
- ☐ 6 ounces 3%-less-sodium ham diced
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 4 ounces swiss cheese shredded divided

Equipment

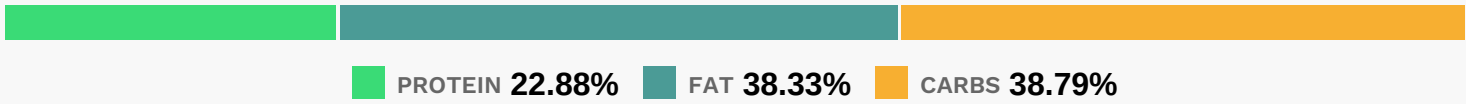
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ broiler
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at high 16 minutes or until done, rearranging potatoes after 8 minutes.
- ☐ Let stand 5 minutes.
- ☐ Preheat broiler.
- ☐ Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell.
- ☐ Combine potato pulp, ham, 1/2 cup cheese, 1/3 cup green onions, sour cream, and pepper.
- ☐ Spoon the potato mixture into shells.
- ☐ Combine 1/2 cup cheese and remaining green onions, and sprinkle over potatoes.
- ☐ Place potatoes on a baking sheet; broil 4 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:24.49, Inflammation Score:-5, Nutrition Score:17.709999955219%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 374.71kcal (18.74%), Fat: 16.08g (24.74%), Saturated Fat: 7.75g (48.45%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 34.06g (12.39%), Sugar: 1.46g (1.62%), Cholesterol: 55.32mg (18.44%), Sodium: 608.28mg (26.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6 g (43.2%), Vitamin B6: 0.78mg (39.1%), Phosphorus: 379.42mg (37.94%), Calcium: 322.89mg (32.29%), Selenium: 20.47µg (29.24%), Vitamin K: 29.54µg (28.13%), Vitamin B1: 0.42mg (27.78%), Potassium: 924.3mg (26.41%), Vitamin B12: 1.21µg (20.24%), Zinc: 2.91mg (19.42%), Vitamin B3: 3.76mg (18.81%), Vitamin B2: 0.29mg (17.02%), Magnesium: 62.15mg (15.54%), Manganese:

0.31mg (15.52%), Vitamin C: 12.05mg (14.6%), Copper: 0.24mg (12.02%), Iron: 2.07mg (11.48%), Fiber: 2.57g (10.27%), Folate: 38.82µg (9.71%), Vitamin A: 435.62IU (8.71%), Vitamin B5: 0.84mg (8.39%), Vitamin E: 0.41mg (2.73%), Vitamin D: 0.3µg (1.98%)