



Ham & Cheese Stuffed Potato

 **Gluten Free**

READY IN



13 min.

SERVINGS



13

CALORIES



117 kcal

SIDE DISH

Ingredients

- 2 cups broccoli florets chopped
- 1 cup oscar mayer ham boiled chopped
- 4 baked potatoes hot
- 1 cup cheddar cheese shredded kraft finely

Equipment

- microwave

Directions

- Split baked potatoes.
- Place on microwaveable plate.
- Combine broccoli, cheese and ham; spoon evenly over potatoes.
- Microwave on HIGH 3 min. or until cheese is melted, rotating plate after 1-1/2 min.

Nutrition Facts



Properties

Glycemic Index:10.98, Glycemic Load:8.62, Inflammation Score:-3, Nutrition Score:7.2717391459838%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 116.86kcal (5.84%), Fat: 4.87g (7.5%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.79g (3.92%), Sugar: 0.78g (0.86%), Cholesterol: 15.37mg (5.12%), Sodium: 193.23mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Vitamin C: 25.4mg (30.79%), Vitamin K: 15.73µg (14.98%), Vitamin B6: 0.26mg (13.24%), Phosphorus: 109.45mg (10.95%), Potassium: 357.65mg (10.22%), Vitamin B1: 0.13mg (8.64%), Selenium: 5.45µg (7.79%), Calcium: 76.65mg (7.67%), Fiber: 1.81g (7.22%), Manganese: 0.13mg (6.6%), Vitamin B3: 1.27mg (6.33%), Vitamin B2: 0.1mg (5.85%), Magnesium: 22.41mg (5.6%), Zinc: 0.82mg (5.44%), Folate: 21.45µg (5.36%), Copper: 0.09mg (4.47%), Iron: 0.72mg (4.01%), Vitamin B5: 0.36mg (3.59%), Vitamin A: 175.63IU (3.51%), Vitamin B12: 0.16µg (2.68%), Vitamin E: 0.22mg (1.46%)