



Ham-Stuffed Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 servings garnish: chives fresh chopped
- ☐ 3 cups ham cooked chopped
- ☐ 2 garlic cloves minced
- ☐ 1 small onion diced
- ☐ 0.8 cup parmesan cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 3 pounds potatoes

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

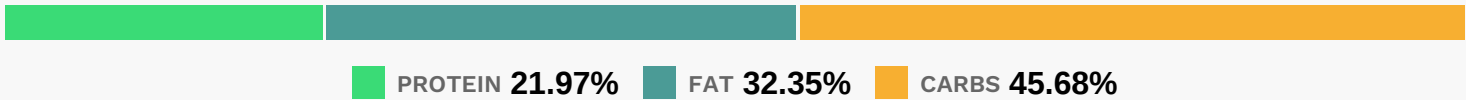
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Bake potatoes at 450 for 1 hour or until tender. Allow to cool to touch.
- ☐ Cut potatoes in half lengthwise; scoop out pulp, and place in a bowl, leaving shells intact. Set pulp and shells aside.
- ☐ Melt butter in a small skillet over medium-high heat; add chopped ham, diced onion, and minced garlic, and saut until onion is tender.
- ☐ Mash potato pulp; stir in ham mixture, sour cream, salt, and pepper. Stuff shells with potato mixture; sprinkle evenly with Parmesan cheese.
- ☐ Place in a 13- x 9-inch pan or casserole dish.
- ☐ Bake at 350 for 25 to 30 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:22.1, Inflammation Score:-5, Nutrition Score:15.273478251436%

Flavonoids

Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 276.98kcal (13.85%), Fat: 10.02g (15.42%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 27.9g (10.15%), Sugar: 2.29g (2.54%), Cholesterol: 45.79mg (15.26%), Sodium: 743.97mg (32.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.64%), Vitamin C: 44.98mg (54.52%), Vitamin B6: 0.65mg (32.31%), Phosphorus: 301.44mg (30.14%), Potassium: 882.1mg (25.2%), Vitamin B1: 0.37mg (24.92%), Vitamin B3: 3.36mg (16.8%), Selenium: 11.7µg (16.72%), Manganese: 0.32mg (15.97%), Fiber: 3.95g (15.79%), Calcium: 153.61mg (15.36%), Magnesium: 55.23mg (13.81%), Vitamin B2: 0.22mg (12.69%), Vitamin B12: 0.74µg (12.37%), Copper: 0.25mg (12.29%), Zinc: 1.77mg (11.82%), Iron: 1.83mg (10.15%), Vitamin B5: 0.99mg (9.85%), Folate: 32.77µg (8.19%), Vitamin K: 5.89µg (5.61%), Vitamin A: 272.89IU (5.46%), Vitamin E: 0.15mg (1.01%)