



Hawaiian-Style Loaded Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 1 cup finely-chopped ham cooked chopped
- ☐ 0.5 cup spring onion chopped
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.5 cup pineapple fresh chopped
- ☐ 6 servings potatoes
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 teaspoon vegetable oil

☐ 2 tablespoons water

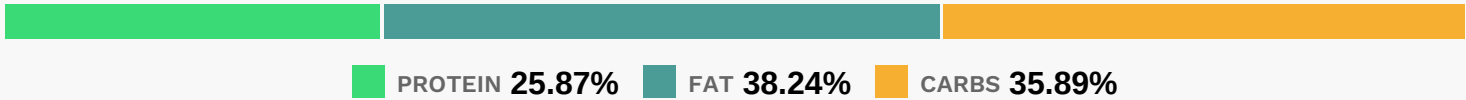
Equipment

☐ frying pan

Directions

- ☐ Prepare Basic
- ☐ Baked Potatoes as directed.
- ☐ Cook ham, bell pepper, pineapple, and green onions in hot vegetable oil in a large skillet, stirring constantly, 6 minutes or until tender. Stir in hoisin sauce and water.
- ☐ Serve over Basic
- ☐ Baked Potatoes.
- ☐ Sprinkle with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:40.24, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:6.3395651786224%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 63.78kcal (3.19%), Fat: 2.77g (4.26%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.54g (3.93%), Cholesterol: 13.91mg (4.64%), Sodium: 306.28mg (13.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Vitamin C: 28.64mg (34.71%), Vitamin K: 19.38µg (18.46%), Manganese: 0.19mg (9.75%), Vitamin A: 480.22IU (9.6%), Vitamin B1: 0.13mg (8.55%), Phosphorus: 69.19mg (6.92%), Selenium: 4.13µg (5.91%), Vitamin B6: 0.12mg (5.82%), Vitamin B3: 1.01mg (5.03%), Vitamin B2: 0.08mg (4.7%), Vitamin B12: 0.27µg (4.43%), Copper: 0.08mg (4.08%), Folate: 16.12µg (4.03%), Zinc: 0.57mg (3.81%), Potassium: 130.79mg (3.74%), Fiber: 0.92g (3.68%), Magnesium: 12.66mg (3.17%), Iron: 0.54mg (2.98%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.32mg (2.15%), Calcium: 18.26mg (1.83%)