

Loaded Potatoes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- 4 medium potatoes - remove skin red unpeeled
- 8 ounces mushrooms fresh sliced (3 cups)
- 0.8 cup finely-chopped ham fully cooked chopped
- 0.5 cup spring onion sliced
- 0.1 teaspoon ground pepper red (cayenne)
- 0.5 cup cream sour reduced-fat
- 2 ounces sharp cheddar cheese shredded reduced-fat

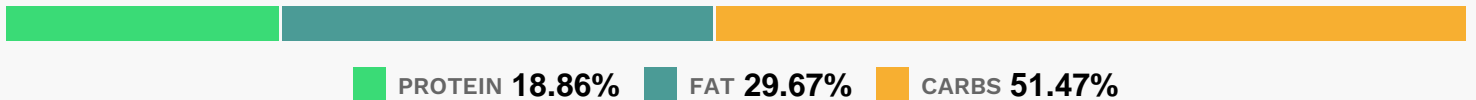
Equipment

- paper towels
- oven
- microwave
- dutch oven

Directions

- Pierce potatoes with fork. Arrange potatoes about 1 inch apart in circle on microwavable paper towel in microwave oven. Microwave uncovered on High 8 to 10 minutes or until tender. (Or bake potatoes in 375° oven 1 to 1 1/2 hours.)
- Let potatoes stand until cool enough to handle.
- While potatoes are cooking, spray 4-quart Dutch oven with cooking spray; heat over medium-high heat. Cook mushrooms in Dutch oven 1 minute, stirring frequently; reduce heat to medium. Cover and cook 3 minutes; remove from heat. Stir in ham, green onions and red pepper. Cover and let stand 4 minutes.
- Split baked potatoes lengthwise in half; fluff with fork.
- Spread 1 tablespoon of the sour cream over each potato half. Top with ham mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:18.932608552601%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 294.27kcal (14.71%), Fat: 10.01g (15.4%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 34.53g (12.55%), Sugar: 4.28g (4.75%), Cholesterol: 39.7mg (13.23%), Sodium: 404.47mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.63%), Potassium: 1316.61mg (37.62%), Phosphorus: 330.7mg (33.07%), Vitamin C: 27.1mg (32.85%), Vitamin K: 32.59µg (31.03%), Vitamin B3: 5.35mg (26.73%), Vitamin B2: 0.45mg (26.59%), Copper: 0.51mg (25.49%), Vitamin B6: 0.5mg (25%), Vitamin B1: 0.35mg

(23.56%), Selenium: 15.52µg (22.17%), Fiber: 4.53g (18.12%), Manganese: 0.36mg (17.98%), Calcium: 174.12mg (17.41%), Vitamin B5: 1.7mg (16.96%), Magnesium: 65.71mg (16.43%), Folate: 62.82µg (15.7%), Zinc: 2.18mg (14.56%), Iron: 2.25mg (12.51%), Vitamin B12: 0.59µg (9.87%), Vitamin A: 401.87IU (8.04%), Vitamin E: 0.31mg (2.05%), Vitamin D: 0.26µg (1.71%)