



Marbled Stuffed Potatoes



Vegetarian



Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



680 kcal

SIDE DISH

Ingredients

- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings olive oil extra-virgin for brushing
- ☐ 4 large russet potatoes
- ☐ 2 scallions thinly sliced
- ☐ 0.8 cup sharp cheddar cheese pinch of nutmeg shredded freshly grated
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 large sweet potatoes and into
- ☐ 3 tablespoons butter unsalted softened cut into pieces and

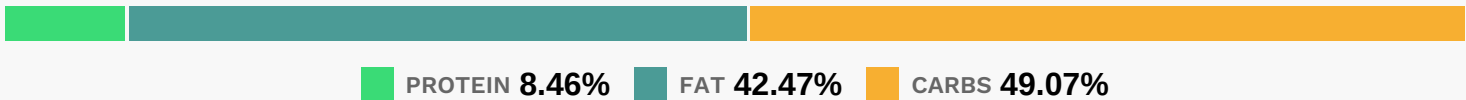
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the russet and sweet potatoes directly on the oven rack and bake 30 minutes. Pierce each potato a few times with a fork and continue to bake until tender, 15 to 20 more minutes for the sweet potato and 20 to 25 more minutes for the russet potatoes.
- ☐ Let cool slightly.
- ☐ Peel the sweet potato.
- ☐ Transfer to a bowl and mash lightly with a fork until almost smooth. Trim a thin slice off the top of each russet potato, cutting lengthwise. Scoop most of the flesh into another bowl, leaving the shells intact.
- ☐ Add the sour cream and butter to the bowl and mash with a fork. Stir in the scallions, 1/2 cup cheese, the nutmeg, 1 1/4 teaspoon salt, and pepper to taste. Gently fold in the sweet potato.
- ☐ Brush the potato skins with olive oil and season with salt and pepper. Generously fill with the marbled potato mixture and sprinkle with the remaining 1/4 cup cheese.
- ☐ Reduce the oven temperature to 375 degrees F.
- ☐ Place the stuffed potatoes on a baking sheet and bake until the cheese melts, 25 to 30 minutes.
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:61.12, Inflammation Score:-10, Nutrition Score:28.127826415974%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 680.48kcal (34.02%), Fat: 32.86g (50.55%), Saturated Fat: 12.96g (80.99%), Carbohydrates: 85.41g (28.47%), Net Carbohydrates: 77.91g (28.33%), Sugar: 6.55g (7.27%), Cholesterol: 52.24mg (17.41%), Sodium: 404.41mg (17.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.44%), Vitamin A: 12686.71IU (253.73%), Vitamin B6: 1.48mg (73.76%), Potassium: 1878.72mg (53.68%), Manganese: 0.81mg (40.64%), Phosphorus: 355.6mg (35.56%), Fiber: 7.5g (30.01%), Vitamin C: 24.33mg (29.49%), Vitamin K: 30.48µg (29.03%), Magnesium: 114.69mg (28.67%), Copper: 0.52mg (26.24%), Vitamin B1: 0.38mg (25.45%), Calcium: 244.88mg (24.49%), Vitamin B3: 4.35mg (21.76%), Iron: 3.91mg (21.7%), Vitamin B5: 1.94mg (19.43%), Vitamin E: 2.76mg (18.43%), Folate: 70.48µg (17.62%), Vitamin B2: 0.3mg (17.62%), Zinc: 2.18mg (14.56%), Selenium: 8.66µg (12.36%), Vitamin B12: 0.27µg (4.54%), Vitamin D: 0.28µg (1.9%)