



Mini Baked Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground to taste
- ☐ 4 small california potatoes white red
- ☐ 4 servings sea salt to taste
- ☐ 4 servings yogurt sour freshly grated snipped

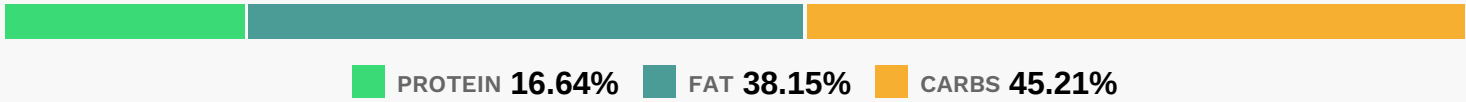
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Pierce potatoes several times with fork, place on baking sheet, and bake 30 to 40 minutes or until tender and crisp.
- ☐ Cut a slit in the top of each potato, and squeeze to push flesh of potato upward.
- ☐ Drizzle each with 1 teaspoon olive oil, and add sea salt and pepper.
- ☐ Add toppings, as desired.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:21.75, Inflammation Score:-5, Nutrition Score:13.037826061249%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 292.81kcal (14.64%), Fat: 12.56g (19.32%), Saturated Fat: 5.25g (32.8%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 29.72g (10.81%), Sugar: 1.35g (1.5%), Cholesterol: 26.1mg (8.7%), Sodium: 729.09mg (31.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.65%), Vitamin C: 33.49mg (40.59%), Phosphorus: 287.26mg (28.73%), Calcium: 286.2mg (28.62%), Vitamin B6: 0.53mg (26.3%), Potassium: 772.31mg (22.07%), Selenium: 11.02µg (15.74%), Fiber: 3.77g (15.06%), Manganese: 0.3mg (14.94%), Magnesium: 49.78mg (12.44%), Zinc: 1.79mg (11.96%), Copper: 0.2mg (9.85%), Vitamin B1: 0.14mg (9.61%), Vitamin B2: 0.16mg (9.3%), Vitamin B3: 1.82mg (9.08%), Iron: 1.49mg (8.3%), Folate: 29.02µg (7.25%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.6mg (6.02%), Vitamin K: 6.31µg (6.01%), Vitamin A: 263.45IU (5.27%), Vitamin E: 0.75mg (4.98%)