



Mushroom-Swiss Spuds

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons bacon crumbled cooked
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 teaspoon olive oil
- ☐ 6 small baked potatoes split
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 ounce swiss cheese shredded

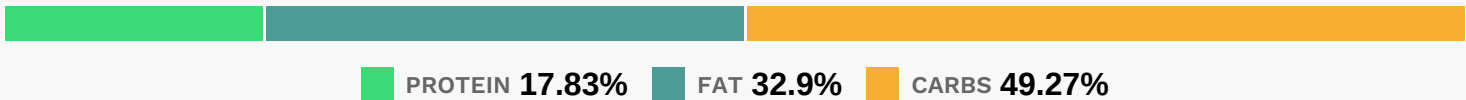
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Saut mushrooms in hot oil in a large skillet 5 minutes.
- ☐ Sprinkle each split baked potato evenly with cheese; microwave at HIGH 40 seconds or until cheese melts. Top potatoes with mushrooms, chopped parsley, and next 3 ingredients.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:22.11, Inflammation Score:-6, Nutrition Score:15.534782591073%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 251.57kcal (12.58%), Fat: 9.43g (14.51%), Saturated Fat: 5.07g (31.66%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 27.59g (10.03%), Sugar: 2.42g (2.69%), Cholesterol: 28.23mg (9.41%), Sodium: 253.05mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Vitamin C: 37.03mg (44.88%), Vitamin K: 36.84µg (35.09%), Vitamin B6: 0.56mg (27.99%), Potassium: 872.41mg (24.93%), Phosphorus: 246.34mg (24.63%), Calcium: 202.25mg (20.22%), Fiber: 4.18g (16.74%), Vitamin B2: 0.28mg (16.57%), Vitamin B3: 3.2mg (16.01%), Copper: 0.32mg (15.87%), Selenium: 10.07µg (14.39%), Manganese: 0.28mg (14.17%), Magnesium: 50.7mg (12.67%), Vitamin B5: 1.19mg (11.9%), Vitamin B1: 0.17mg (11.49%), Zinc: 1.57mg (10.46%), Vitamin B12: 0.61µg (10.1%), Folate: 38.94µg (9.74%), Iron: 1.67mg (9.3%), Vitamin A: 388.45IU (7.77%), Vitamin E: 0.28mg (1.88%)