

health-score 99%

HEALTH SCORE

Neely's BBQ Baked Potato

Very Healthy

READY IN

ready

65 min.

SERVINGS

servings

1

CALORIES

calories

2781 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces apple cider vinegar
- ☐ 0.5 pound bbq
- ☐ 0.5 tablespoon pepper black freshly ground
- ☐ 3 ounces brown sugar
- ☐ 0.5 cup cheddar grated plus more for garnish
- ☐ 1 ounce plus light
- ☐ 16 ounces catsup
- ☐ 1 ounce juice of lemon

- ☐ 0.5 tablespoon ground mustard dry
- ☐ 0.5 tablespoon onion powder
- ☐ 1 teaspoon onion powder
- ☐ 4 ounces paprika
- ☐ 1 large baked potato
- ☐ 1 serving cup heavy whipping cream sour
- ☐ 8 ounces water
- ☐ 2 ounces sugar white
- ☐ 3 ounces sugar white
- ☐ 1 ounce worcestershire sauce

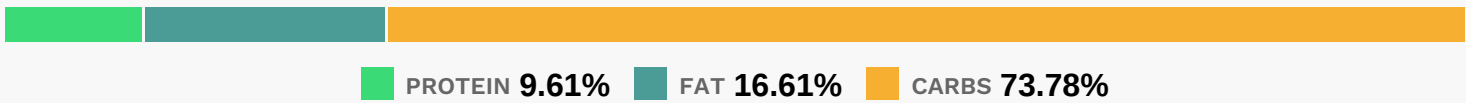
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Split and scoop out potato flesh.
- ☐ Add your choice of meat, Neely's BBQ sauce and cheese, to the potato flesh. Stuff potato shell with mixture and bake for 10 minutes or until heated through. Top with sour cream and garnish with cheese, to taste.
- ☐ Combine all of the sauce ingredients in a stockpot or large Dutch oven. Bring to a boil over high heat, stirring frequently to prevent sticking. Reduce temperature to low and simmer, uncovered, for at least 2 hours.
- ☐ Mix all the ingredients and set aside.

Nutrition Facts



Properties

Glycemic Index:356.93, Glycemic Load:154.69, Inflammation Score:-10, Nutrition Score:77.147391101588%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 2780.98kcal (139.05%), Fat: 55.48g (85.35%), Saturated Fat: 20.04g (125.27%), Carbohydrates: 554.55g (184.85%), Net Carbohydrates: 503.39g (183.05%), Sugar: 395.22g (439.13%), Cholesterol: 161.1mg (53.7%), Sodium: 6371.98mg (277.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.19g (144.38%), Vitamin A: 59210.08IU (1184.2%), Vitamin E: 40.42mg (269.44%), Vitamin B6: 4.39mg (219.35%), Fiber: 51.16g (204.65%), Iron: 33.83mg (187.96%), Manganese: 3.71mg (185.46%), Potassium: 6046.95mg (172.77%), Vitamin B2: 2.62mg (154.24%), Vitamin C: 112.69mg (136.6%), Vitamin K: 118.82µg (113.16%), Vitamin B3: 22.36mg (111.8%), Calcium: 1063.16mg (106.32%), Phosphorus: 1035.41mg (103.54%), Magnesium: 407.7mg (101.92%), Copper: 1.86mg (93.24%), Zinc: 9.64mg (64.24%), Vitamin B1: 0.84mg (55.87%), Selenium: 38.43µg (54.9%), Vitamin B5: 4.69mg (46.85%), Folate: 186.5µg (46.63%), Vitamin B12: 0.62µg (10.4%), Vitamin D: 0.34µg (2.26%)