



New Potatoes with Yogurt-Mustard Filling

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



399 kcal

SIDE DISH

Ingredients

- 10 servings cayenne pepper
- 2 tablespoons dijon mustard
- 0.5 cup yogurt plain low-fat
- 24 baby red-skin potatoes
- 10 servings salt and pepper
- 3 scallions white green thinly sliced (and pale parts)
- 2 tablespoons vegetable oil

Equipment

- bowl
- baking sheet
- oven
- wire rack
- melon baller

Directions

- Preheat oven to 425F and line a large baking sheet with parchment.
- Cut potatoes in half crosswise, then slice a thin sliver off the bottom of each so they stay upright. Toss potatoes with oil, salt and pepper. Arrange cut side down on sheet and bake until lightly browned and softened, 30 minutes. Cool on a wire rack.
- Use a melon baller to scoop out center of each potato. Finely chop potato centers and place in a bowl with sliced scallions (set aside 2 Tbsp. green slices for garnish). Stir in mustard and yogurt; season with salt and pepper.
- Spoon or pipe about 1 tsp. filling into each potato shell. Chill until ready to serve. Just before serving, dust with cayenne, if desired, and sprinkle with reserved sliced scallions.

Nutrition Facts



PROTEIN 10.36% **FAT 8.86%** **CARBS 80.78%**

Properties

Glycemic Index:9.6, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:24.354347752488%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 398.94kcal (19.95%), Fat: 4.08g (6.28%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 83.7g (27.9%), Net Carbohydrates: 74.24g (27%), Sugar: 7.79g (8.66%), Cholesterol: 0.74mg (0.25%), Sodium: 328.56mg (14.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Potassium: 2409.38mg (68.84%), Vitamin C: 46.28mg (56.09%), Vitamin B6: 0.93mg (46.42%), Manganese: 0.78mg (39%), Fiber: 9.46g (37.83%), Copper: 0.7mg (34.97%), Phosphorus: 339.9mg (33.99%), Vitamin B3: 6.1mg (30.49%), Magnesium: 119.75mg (29.94%), Vitamin B1: 0.43mg (28.91%), Vitamin K: 28.95µg (27.58%), Folate: 98µg (24.5%), Iron: 4mg (22.23%), Vitamin A:

912.25IU (18.25%), Vitamin B5: 1.51mg (15.1%), Zinc: 1.88mg (12.53%), Vitamin B2: 0.21mg (12.23%), Calcium: 81.1mg (8.11%), Vitamin E: 0.9mg (6.03%), Selenium: 4.18µg (5.97%), Vitamin B12: 0.07µg (1.14%)