



Onion-Stuffed Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 60 ounce baking potatoes
- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 0.3 teaspoon garlic minced
- ☐ 1 teaspoon garlic minced
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 cup no-salt-added chicken broth undiluted canned
- ☐ 1 teaspoon butter melted reduced-calorie
- ☐ 1 cup nonfat cream alternative sour
- ☐ 1 cup onion finely chopped

- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup parmesan cheese divided grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup evaporated skimmed milk

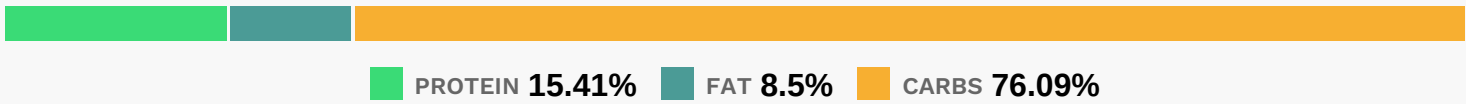
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Wash potatoes; bake at 400 for 1 hour or until done.
- ☐ Let cool to touch.
- ☐ Cut a 1-inch lengthwise strip from top of each potato; carefully scoop out pulp, leaving shells intact. Mash pulp in a large bowl, and set aside.
- ☐ Combine broth, onion, and garlic in a small saucepan. Bring to a boil. Reduce heat, and simmer, uncovered, until all liquid is evaporated.
- ☐ Combine potato pulp, onion mixture, sour cream, milk, and pepper; stir well. Stir in Cheddar cheese and 1/4 cup Parmesan cheese. Spoon potato mixture evenly into shells.
- ☐ Combine remaining 1 tablespoon Parmesan cheese, breadcrumbs, and remaining ingredients; stir well.
- ☐ Sprinkle potatoes evenly with breadcrumb mixture and bake, uncovered, at 375 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:41.26, Inflammation Score:-6, Nutrition Score:16.71739134322%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 331.1kcal (16.55%), Fat: 3.21g (4.94%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 64.68g (21.56%), Net Carbohydrates: 60.27g (21.92%), Sugar: 4.4g (4.89%), Cholesterol: 9.67mg (3.22%), Sodium: 252.72mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.21%), Vitamin B6: 1.06mg (52.85%), Potassium: 1367.79mg (39.08%), Phosphorus: 313.31mg (31.33%), Manganese: 0.55mg (27.46%), Vitamin C: 18.33mg (22.22%), Vitamin B1: 0.31mg (20.54%), Calcium: 204.08mg (20.41%), Magnesium: 79.71mg (19.93%), Vitamin B3: 3.81mg (19.04%), Fiber: 4.4g (17.61%), Copper: 0.35mg (17.32%), Iron: 2.86mg (15.88%), Vitamin B2: 0.25mg (14.64%), Folate: 54.37µg (13.59%), Zinc: 1.61mg (10.72%), Selenium: 7.48µg (10.69%), Vitamin B5: 1.02mg (10.19%), Vitamin B12: 0.39µg (6.46%), Vitamin A: 311.24IU (6.22%), Vitamin K: 5.97µg (5.69%), Vitamin D: 0.25µg (1.7%)