



Papa's Rellenos-Stuffed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 can chipotle chile peppers minced
- 0.5 cup meat from a rotisserie chicken cooked chopped
- 0.5 cup ham chopped
- 6 servings béchamel sauce
- 2 tablespoons milk
- 0.5 cup parmesan cheese grated
- 0.5 cup peas frozen english thawed

- 3 large baked potatoes
- 2 ounces cheddar cheese shredded

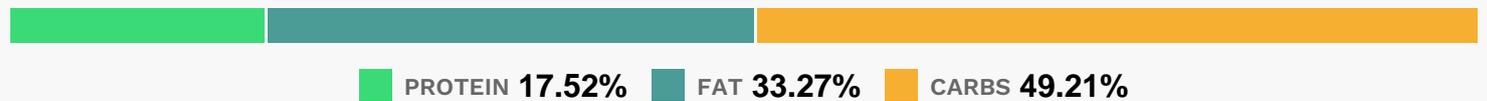
Equipment

- baking sheet
- oven

Directions

- Cut baked potatoes in half lengthwise, and scoop out pulp, leaving shells intact; set shells aside. Mash pulp; stir in butter and milk, and set aside.
- Stir Parmesan cheese and next 4 ingredients into Bechamel Sauce; spoon evenly into shells. Top with mashed potatoes, and place on a baking sheet.
- Sprinkle with Cheddar cheese.
- Bake at 325 for 15 to 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:32.18, Glycemic Load:24.21, Inflammation Score:-6, Nutrition Score:15.871304517207%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 333.1kcal (16.65%), Fat: 12.41g (19.09%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 33.25g (12.09%), Sugar: 4.83g (5.37%), Cholesterol: 33.28mg (11.09%), Sodium: 424.78mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Vitamin C: 41.19mg (49.93%), Vitamin B6: 0.67mg (33.68%), Fiber: 8.05g (32.19%), Phosphorus: 267.82mg (26.78%), Potassium: 898.38mg (25.67%), Vitamin B3: 3.65mg (18.27%), Vitamin B1: 0.27mg (17.69%), Calcium: 175.4mg (17.54%), Manganese: 0.34mg (17.18%), Selenium: 11.98µg (17.11%), Iron: 2.7mg (15.02%), Magnesium: 57.3mg (14.32%), Zinc: 1.86mg (12.41%), Copper: 0.24mg (12.17%), Vitamin B2: 0.2mg (11.59%), Folate: 40.84µg (10.21%), Vitamin A: 444.36IU (8.89%), Vitamin B5: 0.81mg (8.14%), Vitamin K: 6.89µg (6.56%), Vitamin B12: 0.35µg (5.88%), Vitamin E: 0.34mg (2.24%), Vitamin D: 0.23µg (1.57%)