



Perfect Baked Potato



Vegetarian



Gluten Free

READY IN



91 min.

SERVINGS



1

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 1 medium baking potato
- ☐ 1 pinch pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cheddar cheese shredded

Equipment

- ☐ oven

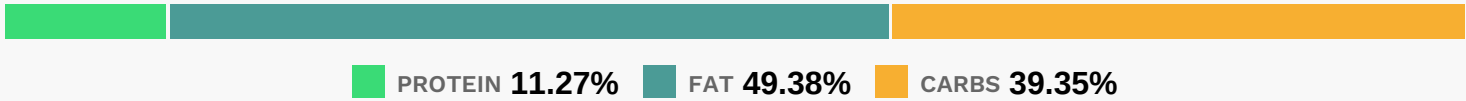
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 knife

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C). Scrub the potato, and pierce the skin several times with a knife or fork. Rub the skin with olive oil, then with salt.
- ☐ Place the potato in the preheated oven, and bake for 90 minutes, or until slightly soft and golden brown. Slice the potato down the center, and serve with butter and black pepper.
- ☐ Sprinkle shredded Cheddar cheese over the top, if desired.

Nutrition Facts



Properties

Glycemic Index:193.75, Glycemic Load:30.47, Inflammation Score:-5, Nutrition Score:13.000434808109%

Nutrients (% of daily need)

Calories: 390.84kcal (19.54%), Fat: 21.89g (33.67%), Saturated Fat: 11.17g (69.83%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 36.45g (13.26%), Sugar: 1.42g (1.58%), Cholesterol: 49.75mg (16.58%), Sodium: 1422.55mg (61.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.47%), Vitamin B6: 0.75mg (37.75%), Potassium: 913.97mg (26.11%), Phosphorus: 249.09mg (24.91%), Calcium: 231.02mg (23.1%), Manganese: 0.35mg (17.65%), Vitamin C: 12.14mg (14.72%), Magnesium: 57.02mg (14.25%), Selenium: 8.95µg (12.79%), Vitamin B1: 0.18mg (12.23%), Vitamin B2: 0.2mg (11.67%), Copper: 0.23mg (11.55%), Fiber: 2.79g (11.18%), Zinc: 1.67mg (11.12%), Vitamin B3: 2.22mg (11.12%), Vitamin A: 535.64IU (10.71%), Iron: 1.92mg (10.67%), Folate: 36.07µg (9.02%), Vitamin B5: 0.77mg (7.7%), Vitamin K: 7.78µg (7.41%), Vitamin E: 1.04mg (6.95%), Vitamin B12: 0.32µg (5.27%), Vitamin D: 0.17µg (1.13%)