



Perfect jacket potatoes

 Gluten Free

READY IN



105 min.

SERVINGS



1

CALORIES



472 kcal

SIDE DISH

Ingredients

- ☐ 50 g cheese light soft
- ☐ 1 tablespoon juice of lemon
- ☐ 1 fillet salmon
- ☐ 1 tsp capers
- ☐ 1 serving lemon zest
- ☐ 1 baking potatoes
- ☐ 1 serving cooking oil

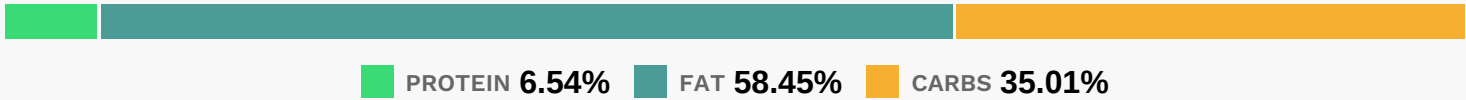
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ microwave

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Rub a little oil and seasoning over the potatoes, then bake on a baking sheet for 25 mins. Turn down the oven to 190C/170C fan/gas 5 and bake for 1 hr–1 hr 15 mins more until the flesh is tender and the skin crisp and golden. For a quicker option, prick a potato with a fork. Wrap in a sheet of kitchen paper and microwave on High for 8–10 mins until soft inside. For crisp skin, rub with a little oil, then flash under a hot grill, turning often. To serve, slice a cross in the centre, squeeze the base to pop the top, then choose your favourite filling.
- ☐ For the salmon and soft cheese filling, mix 50g light soft cheese with a squeeze lemon juice and seasoning. Pile into a jacket potato and flake 1 hot-smoked salmon fillet on top.
- ☐ Sprinkle with 1 heaped tsp capers and a little lemon zest.

Nutrition Facts



Properties

Glycemic Index:111.75, Glycemic Load:31.02, Inflammation Score:-6, Nutrition Score:13.001739216887%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 472.05kcal (23.6%), Fat: 31.47g (48.41%), Saturated Fat: 11.21g (70.04%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 39.51g (14.37%), Sugar: 3.6g (3.99%), Cholesterol: 50.73mg (16.91%), Sodium: 231.03mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Vitamin B6: 0.77mg (38.67%), Potassium: 972.53mg (27.79%), Vitamin C: 18.29mg (22.17%), Vitamin E: 2.96mg (19.7%), Phosphorus: 173.71mg (17.37%), Manganese: 0.34mg (17.17%), Vitamin K: 15.36µg (14.63%), Magnesium: 55.26mg (13.81%), Vitamin A:

678.26IU (13.57%), Vitamin B1: 0.19mg (12.7%), Copper: 0.24mg (12.04%), Vitamin B3: 2.32mg (11.62%), Fiber: 2.9g (11.6%), Vitamin B2: 0.19mg (11.26%), Iron: 1.94mg (10.79%), Vitamin B5: 0.96mg (9.56%), Folate: 37.83µg (9.46%), Selenium: 5.52µg (7.88%), Calcium: 78.27mg (7.83%), Zinc: 0.89mg (5.9%), Vitamin B12: 0.14µg (2.38%), Vitamin D: 0.17µg (1.14%)