

Pommes braytoises

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baking potatoes
- ☐ 50 g butter softened
- ☐ 250 g camembert cheese cut cubes plus extra to put on top
- ☐ 100 g finely-chopped ham cooked cut into small chunks
- ☐ 3 tbsp crème fraîche
- ☐ 2 tsp dijon mustard
- ☐ 1 medium eggs beaten
- ☐ 85 g gruyere cheese grated

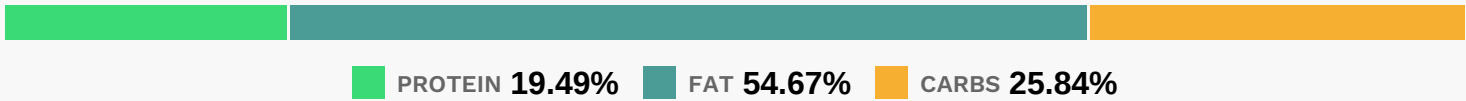
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Prick the potatoes and bake them for 50 mins–1 hr or until tender.
- ☐ Remove from the oven and turn the temperature down to 180C/fan 160C/gas
- ☐ Cut the potatoes in half and carefully scoop out the potato flesh, leaving the skins intact. Mash the flesh with the butter.
- ☐ Remove the rind from the camembert and mix the cheese with the mashed potato, ham, crme frache, cream or soured cream (if using), the mustard and egg. Mash together and check the seasoning, adding freshly milled black pepper and salt if you want.
- ☐ Heat the grill.
- ☐ Put the potato skins on a baking sheet and divide the filling between them. Top with the gruyere. Oven–bake for 10 mins, then quickly flash under the hot grill until the tops of the potatoes are golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:30.36, Inflammation Score:-7, Nutrition Score:22.843478285748%

Nutrients (% of daily need)

Calories: 605.48kcal (30.27%), Fat: 37.14g (57.14%), Saturated Fat: 21.74g (135.9%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 36.61g (13.31%), Sugar: 2.08g (2.31%), Cholesterol: 159.73mg (53.24%), Sodium: 1103.66mg (47.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.59%), Phosphorus: 569.91mg (56.99%), Calcium: 506.14mg (50.61%), Vitamin B6: 0.98mg (49.12%), Vitamin B2: 0.57mg (33.26%), Selenium: 22.63µg (32.33%), Potassium: 1125.73mg (32.16%), Vitamin B12: 1.64µg (27.38%), Zinc: 3.69mg (24.6%), Vitamin B1: 0.35mg (23.26%), Vitamin A: 1145.7IU (22.91%), Vitamin C: 18.06mg (21.89%), Vitamin B5: 2.05mg (20.51%), Magnesium:

78.06mg (19.52%), Folate: 77.71µg (19.43%), Manganese: 0.39mg (19.4%), Vitamin B3: 3.55mg (17.72%), Iron: 2.53mg (14.04%), Copper: 0.28mg (13.96%), Fiber: 2.88g (11.51%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.66mg (4.4%), Vitamin D: 0.6µg (3.98%)