



Potato Salad-Stuffed Spuds with Smoked Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



703 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 4 large baking potatoes
- ☐ 0.8 pound chicken smoked shredded
- ☐ 6 bacon crumbled cooked
- ☐ 2 garlic clove minced
- ☐ 0.3 cup spring onion sliced
- ☐ 1 tablespoon pepper

- ☐ 2 teaspoons hot sauce
- ☐ 4 oz pimientos diced drained
- ☐ 1 teaspoon salt
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1 cup cream sour
- ☐ 1 tablespoon spicy brown mustard
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup pickle chopped

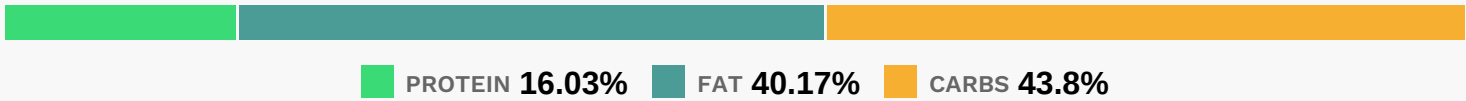
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Coat baking potatoes with vegetable cooking spray; pierce potatoes several times with a fork.
- ☐ Bake 1 hour or until tender.
- ☐ Remove from oven, and cool slightly (about 10 minutes).
- ☐ Cut off top one-third of each potato, and reserve for another use. Carefully scoop out pulp into a bowl, leaving 1/4-inch-thick shells intact. Stir together sour cream, vinegar, minced garlic, coarsely ground pepper, spicy brown mustard, salt, sugar, and hot sauce. Stir pimiento, 3/4 cup sour cream mixture, chopped pickles, and green onions into potato pulp in bowl. Reserve remaining sour cream mixture. Spoon potato mixture into potato shells; cover and chill 1 to 24 hours. Divide chicken, cooked and crumbled bacon, and shredded cheese; top each with reserved sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:98.21, Glycemic Load:54.34, Inflammation Score:-9, Nutrition Score:31.179130243218%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 703.04kcal (35.15%), Fat: 31.81g (48.94%), Saturated Fat: 14.6g (91.28%), Carbohydrates: 78.04g (26.01%), Net Carbohydrates: 71.72g (26.08%), Sugar: 8.94g (9.94%), Cholesterol: 104.77mg (34.92%), Sodium: 1192.98mg (51.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Vitamin B6: 1.63mg (81.67%), Vitamin C: 54.93mg (66.58%), Potassium: 1903.32mg (54.38%), Phosphorus: 504.15mg (50.42%), Manganese: 0.93mg (46.37%), Vitamin B3: 8.24mg (41.19%), Selenium: 25.27µg (36.1%), Calcium: 340.2mg (34.02%), Vitamin A: 1634.21IU (32.68%), Vitamin K: 33.22µg (31.64%), Magnesium: 120.14mg (30.03%), Vitamin B1: 0.44mg (29.27%), Vitamin B2: 0.46mg (26.96%), Iron: 4.73mg (26.3%), Fiber: 6.32g (25.27%), Copper: 0.49mg (24.38%), Zinc: 3.38mg (22.52%), Vitamin B5: 1.98mg (19.84%), Folate: 70.31µg (17.58%), Vitamin B12: 0.68µg (11.31%), Vitamin E: 0.99mg (6.61%), Vitamin D: 0.3µg (2%)