



Potatoes Stuffed with Pesto and Sun-Dried Tomatoes

 Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 24 oz baking potatoes
- ☐ 0.3 cup milk
- ☐ 0.5 cup basil pesto
- ☐ 0.3 cup sun-dried olives packed in oil and herbs, drained
- ☐ 0.3 cup olives ripe drained sliced well
- ☐ 0.5 cup parmesan shredded finely
- ☐ 1 serving parsley fresh chopped

☐ 1 serving parmesan shredded

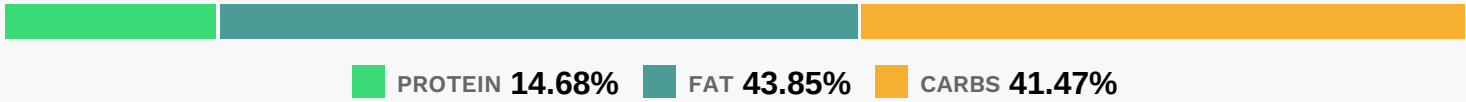
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Heat oven to 375°F. Gently scrub potatoes, but do not peel. Pierce potatoes several times with fork.
- ☐ Bake 1 hour to 1 hour 15 minutes or until potatoes are tender when pierced in center with fork.
- ☐ Let stand until cool enough to handle.
- ☐ Cut each potato lengthwise in half; scoop out insides into medium bowl, leaving a thin shell.
- ☐ Add milk to potatoes; mash with potato masher or electric mixer until no lumps remain (amount of milk needed will vary depending on type of potato used). Stir in pesto, tomatoes, olives and 1/2 cup cheese. Fill potato shells with mashed potato mixture.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake about 20 minutes or until hot.
- ☐ Sprinkle with basil and additional cheese.

Nutrition Facts



Properties

Glycemic Index:39.79, Glycemic Load:17.22, Inflammation Score:-6, Nutrition Score:10.317826022273%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 252.09kcal (12.6%), Fat: 12.55g (19.31%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 26.72g (8.91%),
Net Carbohydrates: 23.95g (8.71%), Sugar: 4.29g (4.77%), Cholesterol: 11.94mg (3.98%), Sodium: 511.03mg (22.22%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Calcium: 228.95mg (22.9%), Vitamin B6:
0.43mg (21.61%), Potassium: 716.05mg (20.46%), Phosphorus: 187.54mg (18.75%), Vitamin K: 15.94µg (15.18%),
Manganese: 0.29mg (14.75%), Vitamin A: 670.05IU (13.4%), Vitamin C: 9.75mg (11.81%), Magnesium: 45.98mg
(11.49%), Fiber: 2.76g (11.06%), Copper: 0.22mg (10.78%), Iron: 1.83mg (10.16%), Vitamin B1: 0.14mg (9.19%), Vitamin
B3: 1.8mg (8.98%), Vitamin B2: 0.13mg (7.45%), Zinc: 0.87mg (5.79%), Selenium: 4.03µg (5.76%), Vitamin B5:
0.57mg (5.71%), Folate: 22.15µg (5.54%), Vitamin B12: 0.21µg (3.58%), Vitamin E: 0.27mg (1.77%), Vitamin D: 0.18µg
(1.19%)