



Potatoes Stuffed with Spinach and Smoked Cheese



Vegetarian



Gluten Free

READY IN



103 min.

SERVINGS



4

CALORIES



430 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baking potatoes
- ☐ 1.3 cups coarsely cheese such as gouda smoked grated
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 servings salt and pepper
- ☐ 1 pound pkt spinach washed well
- ☐ 2 tablespoons butter unsalted softened

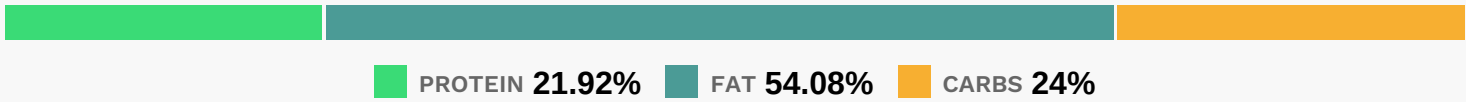
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Scrub the potatoes, pat them dry. Prick the potatoes a few times with a fork and bake them in the middle of oven for 45 minutes to 1 hour.
- ☐ While the potatoes are baking, in a heavy saucepan cook the spinach in the water clinging to the leaves, covered, over moderately high heat, stirring occasionally, for 3 minutes, or until it is wilted.
- ☐ Drain the spinach in a colander set over a bowl, reserving the cooking liquid, and chop it coarse.
- ☐ In a bowl, combine the spinach and the butter. While the potatoes are warm, halve them lengthwise, scoop them out, leaving the shells as thin as possible, and chop the scooped-out potato coarsely.
- ☐ Add the chopped potato to the bowl with the spinach, combining the mixture well.
- ☐ Add the lemon juice and stir in 1 cup of the cheese and 1 tablespoon of the reserved cooking liquid, or enough to reach a smooth consistency, Season the mixture with salt and pepper, divide it among the potato shells, and top it with the remaining 1/4 cup cheese.
- ☐ Bake the potatoes in a baking dish in the middle of a preheated 425 degree oven for 10 minutes, or until they are heated through.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:17.08, Inflammation Score:-10, Nutrition Score:34.240434719169%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 429.61kcal (21.48%), Fat: 26.47g (40.73%), Saturated Fat: 16.71g (104.44%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 22.45g (8.16%), Sugar: 2.89g (3.21%), Cholesterol: 99.33mg (33.11%), Sodium: 895.36mg (38.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin K: 551.94µg (525.66%), Vitamin A: 11225.8IU (224.52%), Calcium: 646.49mg (64.65%), Folate: 252.1µg (63.03%), Manganese: 1.2mg (60.22%), Phosphorus: 523.49mg (52.35%), Vitamin C: 39.3mg (47.63%), Magnesium: 137.4mg (34.35%), Potassium: 1199.39mg (34.27%), Vitamin B6: 0.67mg (33.64%), Vitamin B2: 0.5mg (29.5%), Zinc: 3.82mg (25.48%), Iron: 4.23mg (23.5%), Vitamin B12: 1.15µg (19.17%), Vitamin E: 2.66mg (17.71%), Selenium: 12.38µg (17.69%), Fiber: 3.98g (15.91%), Copper: 0.29mg (14.63%), Vitamin B1: 0.2mg (13.64%), Vitamin B3: 2.05mg (10.23%), Vitamin B5: 0.68mg (6.77%), Vitamin D: 0.47µg (3.16%)