



Potatoes with Toppers

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



243 kcal

SIDE DISH

Ingredients

- 2 medium baking potatoes
- 1 serving spring onion sour finely chopped
- 1 oz broccoli shredded hot cooked chopped
- 1 serving cheddar cheese shredded hot
- 1 serving whipped cream

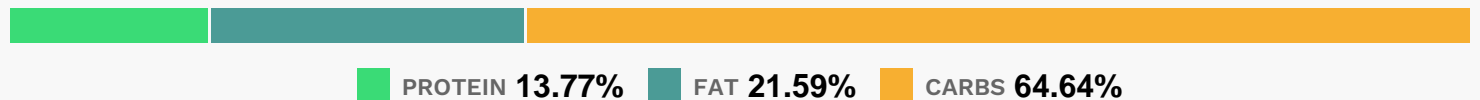
Equipment

- aluminum foil
- microwave

Directions

- Scrub potatoes; prick several times with fork to allow steam to escape.
- Place potatoes on microwavable plate. Microwave uncovered on High 3 minutes; turn potatoes over. Microwave 3 minutes 30 seconds to 5 minutes longer or until tender. Wrap potatoes in foil; let stand 5 minutes.
- Cut slit in tops of potatoes and carefully squeeze to open. Top each with desired topper.

Nutrition Facts



Properties

Glycemic Index:115.38, Glycemic Load:30.81, Inflammation Score:-5, Nutrition Score:13.18869571323%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 242.96kcal (12.15%), Fat: 6g (9.22%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 37.18g (13.52%), Sugar: 1.92g (2.13%), Cholesterol: 17.28mg (5.76%), Sodium: 114.15mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.21%), Vitamin B6: 0.77mg (38.65%), Vitamin C: 25.35mg (30.73%), Potassium: 957.24mg (27.35%), Vitamin K: 24.92µg (23.73%), Phosphorus: 198.99mg (19.9%), Manganese: 0.37mg (18.53%), Calcium: 145.59mg (14.56%), Magnesium: 56.95mg (14.24%), Fiber: 3.22g (12.86%), Vitamin B1: 0.19mg (12.79%), Copper: 0.23mg (11.7%), Vitamin B3: 2.32mg (11.6%), Iron: 2.01mg (11.14%), Folate: 43.91µg (10.98%), Vitamin B2: 0.16mg (9.26%), Zinc: 1.25mg (8.33%), Vitamin B5: 0.8mg (7.96%), Selenium: 5.51µg (7.87%), Vitamin A: 291.2IU (5.82%), Vitamin B12: 0.17µg (2.79%), Vitamin E: 0.28mg (1.87%)