



Potatoes with Toppers

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

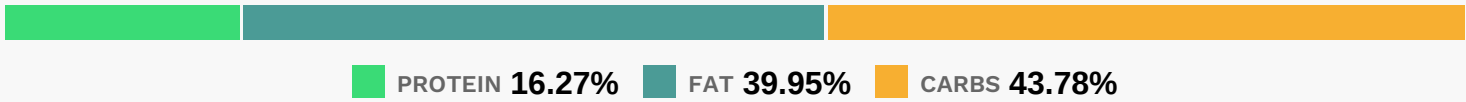
Equipment

- ☐ 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:112.88, Glycemic Load:31.07, Inflammation Score:-6, Nutrition Score:15.291739116544%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 365.84kcal (18.29%), Fat: 16.53g (25.44%), Saturated Fat: 9.37g (58.55%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 37.83g (13.76%), Sugar: 2.09g (2.32%), Cholesterol: 48.73mg (16.24%), Sodium: 300.99mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.31%), Vitamin B6: 0.77mg (38.57%), Calcium: 350.39mg (35.04%), Phosphorus: 327.03mg (32.7%), Potassium: 947.6mg (27.07%), Selenium: 13.47µg (19.25%), Manganese: 0.35mg (17.42%), Vitamin K: 17.43µg (16.6%), Vitamin B2: 0.27mg (16.11%), Vitamin C: 13.27mg (16.08%), Magnesium: 62.78mg (15.69%), Zinc: 2.28mg (15.23%), Vitamin B1: 0.19mg (12.87%), Copper: 0.24mg (11.98%), Fiber: 2.92g (11.7%), Vitamin B3: 2.26mg (11.32%), Iron: 1.99mg (11.08%), Vitamin A: 545.68IU (10.91%), Folate: 43.12µg (10.78%), Vitamin B5: 0.85mg (8.46%), Vitamin B12: 0.49µg (8.09%), Vitamin E: 0.42mg (2.83%), Vitamin D: 0.29µg (1.93%)