



Ricotta-Stuffed Potatoes

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 6 medium baking potatoes
- ☐ 1.5 cups ricotta cheese
- ☐ 1 cup parmesan cheese grated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 eggs beaten
- ☐ 1 serving parsley fresh chopped

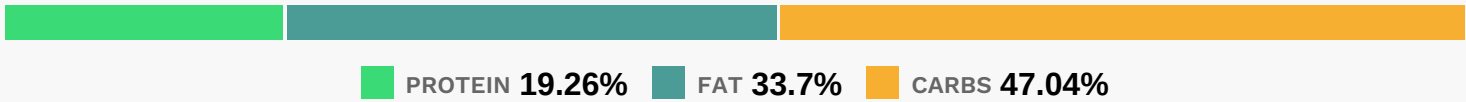
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F.
- ☐ Bake potatoes about 1 hour or until tender.
- ☐ Cut each potato in half crosswise; scoop out inside into large bowl, leaving a thin shell. Mash potatoes until no lumps remain. Stir in cheeses, 1/4 cup parsley, the pepper and egg until well blended.
- ☐ Increase oven temperature to 400°F.
- ☐ Cut thin slice from bottom of each potato half if needed to stand upright.
- ☐ Place shells on ungreased 15x10-inch pan with sides; fill shells with potato mixture.
- ☐ Bake about 20 minutes or until hot.
- ☐ Garnish with additional parsley and bell pepper.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:30.82, Inflammation Score:-6, Nutrition Score:17.809999968695%

Flavonoids

Apigenin: 6.82mg, Apigenin: 6.82mg, Apigenin: 6.82mg, Apigenin: 6.82mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 358.15kcal (17.91%), Fat: 13.61g (20.94%), Saturated Fat: 8.02g (50.1%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 39.85g (14.49%), Sugar: 1.55g (1.73%), Cholesterol: 73.4mg (24.47%), Sodium: 366.6mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35%), Vitamin K: 56.89µg (54.18%), Vitamin B6: 0.79mg (39.53%), Phosphorus: 337.27mg (33.73%), Calcium: 312.21mg (31.22%), Potassium: 1012.75mg (28.94%), Selenium: 17.93µg (25.62%), Vitamin C: 16.35mg (19.82%), Manganese: 0.37mg (18.5%), Vitamin B2: 0.29mg

(16.79%), Magnesium: 64.25mg (16.06%), Zinc: 2.19mg (14.59%), Vitamin A: 729.01IU (14.58%), Iron: 2.48mg (13.75%), Vitamin B1: 0.19mg (12.86%), Copper: 0.25mg (12.51%), Vitamin B3: 2.33mg (11.65%), Folate: 46.53µg (11.63%), Fiber: 2.89g (11.58%), Vitamin B5: 0.95mg (9.54%), Vitamin B12: 0.5µg (8.35%), Vitamin D: 0.35µg (2.36%), Vitamin E: 0.28mg (1.84%)