



Ricotta-Stuffed Potatoes

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

Ingredients

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

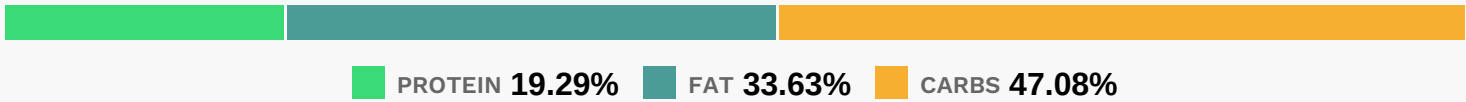
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F.
- ☐ 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 400F.
- ☐ 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:30.85, Inflammation Score:-7, Nutrition Score:20.552608697311%

Flavonoids

Apigenin: 14mg, Apigenin: 14mg, Apigenin: 14mg, Apigenin: 14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 359.35kcal (17.97%), Fat: 13.64g (20.98%), Saturated Fat: 8.02g (50.13%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 39.95g (14.53%), Sugar: 1.58g (1.76%), Cholesterol: 73.4mg (24.47%), Sodium: 368.47mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.2%), Vitamin K: 111.56µg (106.25%), Vitamin B6: 0.79mg (39.68%), Phosphorus: 339.2mg (33.92%), Calcium: 316.81mg (31.68%), Potassium: 1031.21mg (29.46%), Selenium: 17.94µg (25.62%), Vitamin C: 20.79mg (25.2%), Vitamin A: 1009.81IU (20.2%), Manganese:

0.38mg (18.77%), Vitamin B2: 0.29mg (16.98%), Magnesium: 65.92mg (16.48%), Iron: 2.68mg (14.9%), Zinc: 2.22mg (14.82%), Vitamin B1: 0.2mg (13.06%), Folate: 51.6µg (12.9%), Copper: 0.26mg (12.76%), Fiber: 3g (12.02%), Vitamin B3: 2.37mg (11.87%), Vitamin B5: 0.97mg (9.67%), Vitamin B12: 0.5µg (8.35%), Vitamin D: 0.35µg (2.36%), Vitamin E: 0.3mg (2.01%)