



Roasted New Potatoes Filled with Corn and Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



44 kcal

SIDE DISH

Ingredients

- 2 tablespoons cider vinegar
- 1.5 cups whole-kernel corn frozen thawed drained
- 24 servings tarragon leaves fresh
- 3 tablespoons green onions minced
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 1.5 pounds potatoes red

- 0.3 teaspoon salt
- 24 small shrimp cooked peeled
- 1 teaspoon or dried fresh chopped

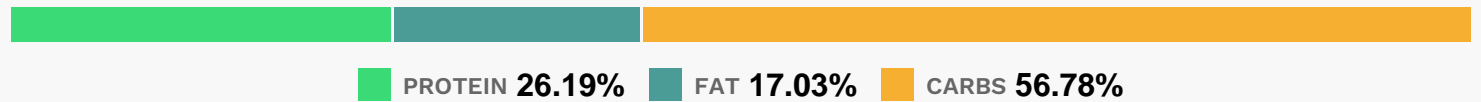
Equipment

- frying pan
- baking sheet
- oven

Directions

- Cut each potato in half crosswise; scoop out pulp, leaving a 1/4-inch-thick shell; reserve pulp for another use.
- Sprinkle insides of potato shells with salt and pepper.
- Place potato shells upside down on a baking sheet coated with cooking spray.
- Bake at 450 for 15 minutes; set aside.
- Heat oil in a medium skillet over medium-high heat.
- Add corn and green onions; saut 2 minutes.
- Add vinegar and chopped tarragon; cook 1 minute. Divide corn mixture evenly among potato shells; top each with 1 shrimp.
- Garnish with tarragon leaves.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:2.6478260885114%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 44.12kcal (2.21%), Fat: 0.88g (1.35%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.81g (2.11%), Sugar: 0.84g (0.94%), Cholesterol: 16.1mg (5.37%), Sodium: 63.11mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Manganese: 0.15mg (7.41%), Potassium: 204.91mg (5.85%), Phosphorus: 47.21mg (4.72%), Copper: 0.09mg (4.44%), Vitamin C: 3.28mg (3.98%), Vitamin B6: 0.08mg (3.93%), Magnesium: 15.08mg (3.77%), Iron: 0.66mg (3.64%), Fiber: 0.79g (3.17%), Folate: 12.35µg (3.09%), Vitamin B3: 0.53mg (2.65%), Vitamin K: 2.76µg (2.63%), Calcium: 22.62mg (2.26%), Zinc: 0.31mg (2.04%), Vitamin B1: 0.03mg (1.99%), Vitamin B2: 0.03mg (1.94%), Vitamin A: 59.69IU (1.19%), Vitamin B5: 0.12mg (1.16%)