





Roasted Russets with Wild Mushrooms, Leeks, and Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- 3 pounds baking potatoes
- 0.1 teaspoon pepper black freshly ground
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon tarragon fresh finely chopped
- 3 ounces goat cheese
- 2 cups leek thinly sliced (2 large)
- 12 ounce exotic mushroom blend chopped (such as shiitake, cremini, and oyster)

- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream fat-free sour

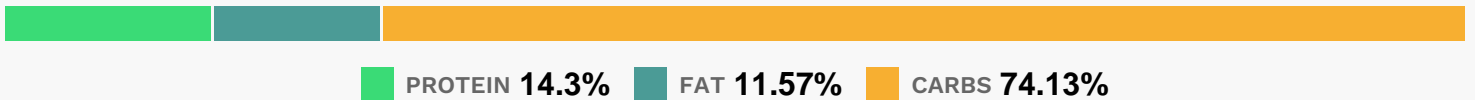
Equipment

- frying pan
- oven

Directions

- Preheat oven to 37
- Pierce potatoes with a fork, and bake at 375 for 1 hour or until tender. Cool potatoes slightly.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add leek; cook 5 minutes or until tender, stirring frequently.
- Add mushrooms; cook 5 minutes or until tender, stirring occasionally. Stir in sour cream, broth, cheese, salt, and pepper. Reduce heat, and cook 2 minutes, stirring constantly (do not boil). Stir in tarragon.
- Split potatoes lengthwise, cutting to, but not through, other side. Spoon 3/4 cup mushroom mixture into each potato.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:34.54, Inflammation Score:-7, Nutrition Score:18.11869564782%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 272.45kcal (13.62%), Fat: 3.65g (5.62%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 47.68g (17.34%), Sugar: 4.14g (4.6%), Cholesterol: 8.25mg (2.75%), Sodium: 373.45mg (16.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Vitamin B6: 1.09mg (54.39%), Manganese:

0.74mg (37.21%), Potassium: 1241.42mg (35.47%), Phosphorus: 258.92mg (25.89%), Vitamin B3: 4.95mg (24.75%), Copper: 0.47mg (23.44%), Vitamin C: 17.07mg (20.69%), Magnesium: 80.31mg (20.08%), Fiber: 5g (19.99%), Iron: 3.48mg (19.36%), Vitamin B2: 0.31mg (18.18%), Vitamin K: 18.35µg (17.48%), Vitamin B5: 1.69mg (16.94%), Folate: 65.31µg (16.33%), Vitamin B1: 0.23mg (15.61%), Vitamin A: 741.34IU (14.83%), Calcium: 106.27mg (10.63%), Zinc: 1.55mg (10.36%), Selenium: 6.32µg (9.03%), Vitamin E: 0.32mg (2.14%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.28µg (1.89%)