



Roasted Vegetable Loaded Potatoes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 2 cups brussels sprouts fresh sliced
- 3 cups cauliflower fresh chopped
- 0.3 cup golden raisins
- 0.5 teaspoon kosher salt
- 2 tablespoons lite bottled vinaigrette italian
- 1 tablespoon olive oil
- 0.5 teaspoon pepper freshly ground
- 6 servings basic baked potatoes

- 0.5 medium size onion red sliced
- 0.3 cup walnuts toasted chopped

Equipment

- frying pan
- oven

Directions

- Preheat oven to 400
- Toss together first 6 ingredients on a lightly greased 15- x 10-inch jelly-roll pan.
- Prepare potatoes as directed.
- Bake cauliflower mixture, with potatoes, 25 minutes or until cauliflower is brown, stirring once. Toss with raisins, walnuts, and vinaigrette. Spoon over potatoes.
- TRY THESE TWISTS
- COUNTRY HAM and CHEESE: Cook 1/2 cup chopped country ham in 1 tsp. hot vegetable oil in a small skillet over medium heat, stirring often, 5 to 7 minutes or until browned. (You can also use Canadian bacon.) Divide ham, 1/2 cup (2 oz.) shredded 2% reduced-fat Cheddar cheese, 1/4 cup light sour cream, and 3 Tbsp. chopped fresh chives among Basic Baked Potatoes. (Per serving: Calories 231; Fat 6g)
- SPINACH and MUSHROOM: Cook 1 (8-oz.) package sliced baby portobello mushrooms; 2 garlic cloves, minced; 1 (6-oz.) package fresh baby spinach; and 1/4 tsp. each salt and pepper in 2 Tbsp. hot olive oil in a large skillet, stirring often, 5 minutes. Stir in 1/4 cup toasted pine nuts, 1/2 cup crumbled reduced-fat feta cheese, and 2 Tbsp. bottled balsamic glaze. Serve over Basic Baked Potatoes. (Per serving: Calories 282; Fat 10g)
- HAWAIIAN STYLE: Cook 1 cup chopped cooked ham and 1/2 cup each chopped red bell pepper, fresh pineapple, and green onions in 1 tsp. hot vegetable oil in a large skillet, stirring constantly, 6 minutes or until tender. Stir in 2 Tbsp. each hoisin sauce and water. Serve over Basic Baked Potatoes. Sprinkle with 2 tsp. toasted sesame seeds. (Per serving: Calories 243; Fat 5g)

Nutrition Facts

PROTEIN 10.59% FAT 23.27% CARBS 66.14%

Properties

Glycemic Index:47.24, Glycemic Load:23, Inflammation Score:-5, Nutrition Score:18.071739197587%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 216.9kcal (10.85%), Fat: 5.92g (9.1%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 31.65g (11.51%), Sugar: 6.87g (7.63%), Cholesterol: 0mg (0%), Sodium: 226.59mg (9.85%), Alcohol: 0.16g (100%), Alcohol %: 0.08% (100%), Protein: 6.06g (12.11%), Vitamin C: 79.52mg (96.39%), Vitamin K: 64.58µg (61.5%), Vitamin B6: 0.66mg (32.88%), Manganese: 0.62mg (31.24%), Potassium: 978.39mg (27.95%), Fiber: 6.18g (24.72%), Folate: 77.42µg (19.36%), Phosphorus: 155.08mg (15.51%), Copper: 0.31mg (15.39%), Magnesium: 60.02mg (15.01%), Vitamin B1: 0.21mg (13.84%), Iron: 2.09mg (11.62%), Vitamin B3: 2.21mg (11.04%), Vitamin B5: 0.92mg (9.19%), Vitamin B2: 0.13mg (7.46%), Zinc: 0.88mg (5.88%), Calcium: 52.49mg (5.25%), Vitamin E: 0.69mg (4.63%), Vitamin A: 226.24IU (4.52%), Selenium: 1.58µg (2.25%)