



Salt-Baked Potatoes



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 1 egg white lightly beaten
- ☐ 0.5 cup kosher salt
- ☐ 2 pound russet potatoes (baking)

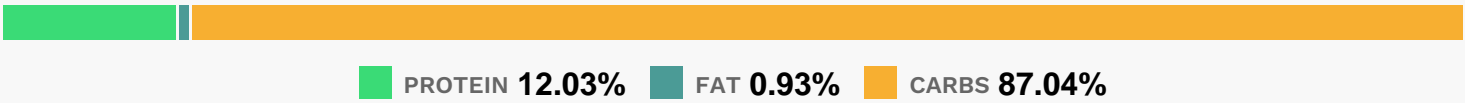
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Prick potatoes in several places with a fork. Coat each potato with egg white, then crust potatoes completely in salt.
- ☐ Bake potatoes in a shallow baking pan until tender when pierced with a sharp knife, about 1 hour.
- ☐ Crack off as much salt as desired from skin before serving.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:32.23, Inflammation Score:-3, Nutrition Score:9.792608740699%

Nutrients (% of daily need)

Calories: 183.07kcal (9.15%), Fat: 0.19g (0.3%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 38.09g (13.85%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 14170.46mg (616.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin B6: 0.78mg (39.14%), Potassium: 960.89mg (27.45%), Manganese: 0.39mg (19.67%), Vitamin C: 12.93mg (15.67%), Magnesium: 53.35mg (13.34%), Phosphorus: 125.86mg (12.59%), Vitamin B1: 0.19mg (12.42%), Copper: 0.25mg (12.31%), Fiber: 2.95g (11.79%), Vitamin B3: 2.36mg (11.78%), Iron: 2.08mg (11.54%), Folate: 32.05µg (8.01%), Vitamin B5: 0.7mg (6.97%), Vitamin B2: 0.11mg (6.34%), Zinc: 0.7mg (4.64%), Vitamin K: 4.08µg (3.89%), Calcium: 38.77mg (3.88%), Selenium: 2.44µg (3.49%)