



## Sausage-Stuffed Fingerling Potatoes

 Gluten Free

READY IN



77 min.

SERVINGS



1

CALORIES



1632 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 serving chives chopped
- ☐ 1.5 pounds fingerling potatoes
- ☐ 1 serving lime
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt divided
- ☐ 6 ounces sausage smoked finely chopped
- ☐ 4 ounces sharp cheddar cheese finely grated

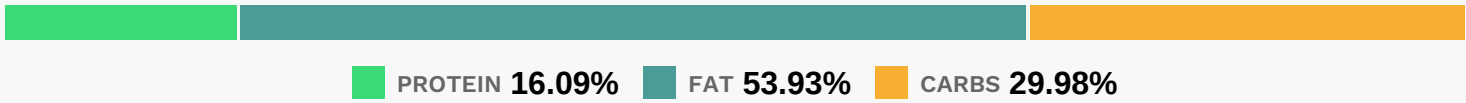
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

# Directions

- ☐ Preheat oven to 37
- ☐ Toss potatoes in olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper on a rimmed baking sheet.
- ☐ Bake 25 minutes or until tender.
- ☐ Let stand until cool enough to handle.
- ☐ Meanwhile, cook sausage in a nonstick skillet over medium-high heat until brown.
- ☐ Drain on paper towels.
- ☐ Cut potatoes in half lengthwise. Carefully scoop out pulp, leaving shells intact.
- ☐ Combine potato pulp, sausage, and cheese in a bowl. Season with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Spoon about 1 heaping teaspoon potato mixture into each potato shell. Arrange on a lightly greased baking sheet.
- ☐ Bake 15 minutes or until heated through.
- ☐ Serve with Chipotle-Lime Guacamole.
- ☐ Garnish potatoes, if desired.

# Nutrition Facts



# Properties

Glycemic Index:247.75, Glycemic Load:88.06, Inflammation Score:-9, Nutrition Score:55.465217341547%

## Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

## Nutrients (% of daily need)

Calories: 1632.33kcal (81.62%), Fat: 98.35g (151.31%), Saturated Fat: 38.86g (242.88%), Carbohydrates: 123.05g (41.02%), Net Carbohydrates: 107.61g (39.13%), Sugar: 5.82g (6.47%), Cholesterol: 235.87mg (78.62%), Sodium: 3609.02mg (156.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.02g (132.04%), Vitamin C: 137.85mg (167.09%), Vitamin B6: 2.61mg (130.66%), Phosphorus: 1140.24mg (114.02%), Potassium: 3397.48mg (97.07%), Calcium: 907.56mg (90.76%), Vitamin B3: 15.26mg (76.31%), Vitamin B1: 1.05mg (69.93%), Zinc: 9.86mg (65.7%), Fiber: 15.44g (61.77%), Manganese: 1.2mg (59.86%), Vitamin B2: 0.93mg (54.69%), Magnesium: 213.52mg (53.38%), Selenium: 34.22µg (48.89%), Copper: 0.91mg (45.26%), Vitamin B12: 2.65µg (44.13%), Iron: 7.62mg (42.36%), Vitamin B5: 3.66mg (36.56%), Folate: 136.16µg (34.04%), Vitamin K: 28.57µg (27.21%), Vitamin A: 1329.93IU (26.6%), Vitamin E: 3.29mg (21.9%), Vitamin D: 2.89µg (19.28%)