



Sheryl's Baked Potatoes

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

Ingredients

- 4 medium baking potatoes
- 3 tablespoons butter melted
- 6 tablespoons cheddar cheese grated
- 1.5 tablespoons parmesan
- 1 teaspoon salt
- 3 tablespoons suya seasoning mix salt-free

Equipment

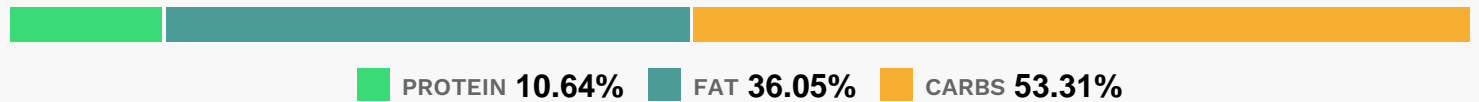
- oven

baking pan

Directions

- Preheat the oven to 425 degrees F (200 degrees C).
- Slice the potatoes crosswise (the short way) into 1/4 inch slices, leaving about 1/4 inch on the bottom to connect all of the slices.
- Place into a baking dish, and slightly fan the slices open.
- Sprinkle with salt and seasoning blend, and drizzle with butter.
- Bake for 50 minutes in the preheated oven.
- Sprinkle cheese over the top, and bake for another 10 minutes, or until the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:30.52, Inflammation Score:-6, Nutrition Score:20.189130329567%

Nutrients (% of daily need)

Calories: 332.31kcal (16.62%), Fat: 13.98g (21.51%), Saturated Fat: 8.38g (52.38%), Carbohydrates: 46.51g (15.5%), Net Carbohydrates: 39.03g (14.19%), Sugar: 1.84g (2.04%), Cholesterol: 36.6mg (12.2%), Sodium: 775.73mg (33.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.57%), Vitamin K: 73.85µg (70.34%), Manganese: 0.89mg (44.55%), Vitamin B6: 0.86mg (43.07%), Iron: 5.96mg (33.09%), Calcium: 320.02mg (32%), Fiber: 7.48g (29.93%), Potassium: 1042.13mg (29.78%), Magnesium: 83.43mg (20.86%), Phosphorus: 207.49mg (20.75%), Vitamin E: 2.39mg (15.93%), Vitamin C: 12.4mg (15.03%), Folate: 59.23µg (14.81%), Copper: 0.29mg (14.74%), Vitamin B3: 2.74mg (13.68%), Vitamin B1: 0.2mg (13.28%), Vitamin A: 595.57IU (11.91%), Vitamin B2: 0.19mg (11.46%), Zinc: 1.45mg (9.64%), Vitamin B5: 0.82mg (8.16%), Selenium: 5.49µg (7.84%), Vitamin B12: 0.18µg (2.93%)