



Shrimp-and-Mushroom Stuffed Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



529 kcal

SIDE DISH

Ingredients

- 8 large baking potatoes
- 2 tablespoons butter
- 3 ounce crawfish tails
- 1.3 cups mushrooms fresh sliced
- 0.5 cup bell pepper green chopped
- 4 green onions chopped
- 0.5 teaspoon coarsely ground pepper
- 1.3 cups half-and-half
- 0.3 cup italian-seasoned breadcrumbs

- 1 small onion chopped
- 0.3 cup parmesan cheese grated
- 0.8 teaspoon salt
- 3 ounces cheddar cheese shredded divided
- 1 pound shrimp fresh peeled
- 6 cups water

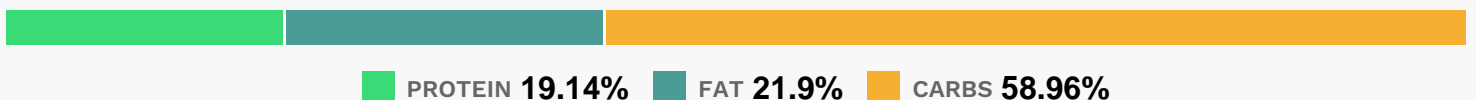
Equipment

- frying pan
- baking sheet
- oven
- dutch oven

Directions

- Devein shrimp, if desired.
- Bring 6 cups water and boil-in-bag mix to a boil in a Dutch oven; add shrimp, and cook 3 minutes or just until shrimp turn pink.
- Drain and rinse with cold water.
- Cut a 1-inch-wide strip from the top of each baked potato. Carefully scoop out pulp, leaving shells intact. Mash pulp.
- Melt butter in a large skillet over medium heat; add green onions and next 3 ingredients, and saut 5 minutes.
- Add half-and-half; cook, stirring often, 2 minutes. Stir in mashed pulp, shrimp, 1/2 cup Cheddar cheese, salt, and pepper. Spoon into shells, and place on a baking sheet.
- Sprinkle evenly with remaining 1/4 cup Cheddar cheese, breadcrumbs, and Parmesan cheese.
- Bake at 350 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:52.94, Inflammation Score:-8, Nutrition Score:32.095217466354%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 528.83kcal (26.44%), Fat: 13.34g (20.52%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 80.78g (26.93%), Net Carbohydrates: 73.96g (26.89%), Sugar: 5.46g (6.07%), Cholesterol: 117.91mg (39.3%), Sodium: 548.43mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Vitamin K: 108.14µg (102.99%), Vitamin B6: 1.5mg (74.99%), Manganese: 1.42mg (71.19%), Potassium: 1930.15mg (55.15%), Phosphorus: 474.05mg (47.4%), Iron: 7.68mg (42.69%), Copper: 0.8mg (40.06%), Vitamin C: 32.33mg (39.19%), Magnesium: 144.45mg (36.11%), Calcium: 354.99mg (35.5%), Fiber: 6.83g (27.31%), Vitamin B1: 0.41mg (27.15%), Vitamin B3: 5.05mg (25.23%), Vitamin B2: 0.36mg (21.19%), Folate: 83.39µg (20.85%), Zinc: 3.04mg (20.26%), Vitamin A: 778.48IU (15.57%), Vitamin B5: 1.55mg (15.51%), Selenium: 9.96µg (14.23%), Vitamin B12: 0.25µg (4.16%), Vitamin E: 0.56mg (3.72%)