



Smoked Salmon and Cheese Mini Twice-Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons skim milk fat-free
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon salt divided
- ☐ 1 ounce salmon smoked finely chopped
- ☐ 2 ounces cheddar cheese white finely grated

☐ 2 pounds potatoes – remove skin red

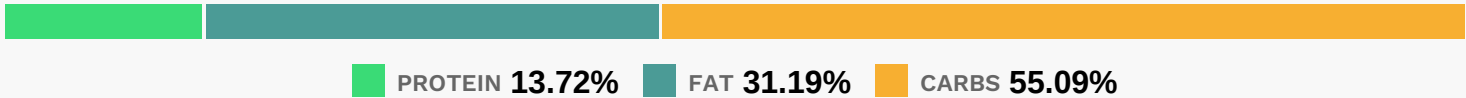
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Rub potatoes with oil; sprinkle with 1/4 teaspoon salt.
- ☐ Place potatoes on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 400 for 35 minutes or until tender.
- ☐ Remove from oven; cool 10 minutes.
- ☐ Cut potatoes in half crosswise; cut off a small portion of the rounded edge so the potato will stand upright. Carefully scoop out about 1 teaspoon pulp from each half, leaving the shells intact.
- ☐ Combine potato pulp, milk, butter, pepper, cheese, and remaining 1/4 teaspoon salt in a bowl. Spoon about 1 heaping teaspoon potato mixture into each potato shell. Arrange stuffed potatoes on a jelly-roll pan; top each with 1/2 teaspoon chopped salmon.
- ☐ Bake at 400 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:4.2465217217155%

Flavonoids

Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 87.33kcal (4.37%), Fat: 3.1g (4.77%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.01g (4%), Sugar: 1.12g (1.24%), Cholesterol: 7.85mg (2.62%), Sodium: 168.48mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Potassium: 357.33mg (10.21%), Vitamin C: 6.5mg (7.88%), Phosphorus: 74.72mg (7.47%), Vitamin B6: 0.14mg (7%), Manganese: 0.12mg (5.92%), Copper: 0.11mg (5.48%), Fiber: 1.31g (5.23%), Vitamin B3: 0.99mg (4.93%), Magnesium: 18.8mg (4.7%), Calcium: 45.24mg (4.52%), Vitamin B1: 0.06mg (4.31%), Folate: 14.75µg (3.69%), Selenium: 2.55µg (3.64%), Iron: 0.59mg (3.28%), Vitamin D: 0.46µg (3.07%), Vitamin B2: 0.05mg (2.97%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.26mg (2.62%), Vitamin K: 2.73µg (2.6%), Vitamin B12: 0.14µg (2.39%), Vitamin A: 89.4IU (1.79%), Vitamin E: 0.15mg (1.01%)