



Sneaky Pizza Baked Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

Ingredients

- 4 large baking potatoes
- 2 tablespoons olive oil
- 0.5 head cauliflower
- 0.5 cup pepperoni sliced
- 1 cup tomato sauce organic (from 15-oz can)
- 3 oz mozzarella cheese shredded
- 1 serving lettuce shredded

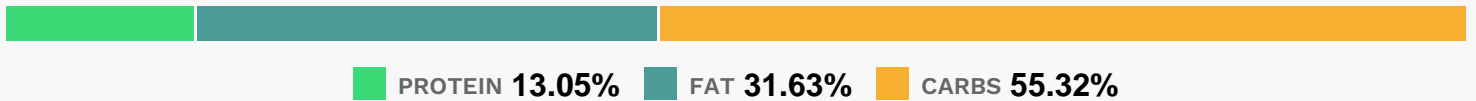
Equipment

- bowl
- baking sheet
- oven
- pot
- hand mixer

Directions

- Heat oven to 400°F. Scrub potatoes; rub skins with oil. Pierce potatoes several times with fork to allow steam to escape.
- Bake on top oven rack 40 minutes or until tender.
- Meanwhile, cook cauliflower in large pot of boiling water until very soft and tender; drain. Reserve 12 slices pepperoni; chop remaining pepperoni. Set aside.
- When potatoes are cool enough to handle, cut thin slice off top of each potato. Gently scoop out potato pulp, leaving 1/4-inch shell; place pulp in large bowl.
- Add cooked cauliflower, chopped pepperoni, pizza sauce and 1/2 cup of the cheese. Beat with electric mixer on medium speed until well blended. Spoon mixture into potato shells.
- Place potatoes on ungreased cookie sheet.
- Sprinkle with remaining 1/4 cup cheese. Top each with 3 slices reserved pepperoni.
- Bake 15 to 20 minutes or until hot and cheese is bubbly.
- Garnish with lettuce.

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:54.48, Inflammation Score:-8, Nutrition Score:27.405652294988%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 524.15kcal (26.21%), Fat: 19g (29.24%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 74.8g (24.93%), Net Carbohydrates: 67.38g (24.5%), Sugar: 6.5g (7.22%), Cholesterol: 30.5mg (10.17%), Sodium: 689.19mg (29.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.64g (35.28%), Vitamin B6: 1.53mg (76.68%), Vitamin C: 60.59mg (73.44%), Potassium: 2021.85mg (57.77%), Manganese: 0.87mg (43.73%), Phosphorus: 353.15mg (35.31%), Fiber: 7.42g (29.68%), Vitamin K: 30.38µg (28.94%), Magnesium: 113.19mg (28.3%), Vitamin B3: 5.54mg (27.72%), Vitamin B1: 0.41mg (27.13%), Folate: 106.79µg (26.7%), Copper: 0.5mg (24.96%), Iron: 4.48mg (24.86%), Vitamin B5: 2mg (19.97%), Calcium: 186.49mg (18.65%), Vitamin B2: 0.31mg (18.04%), Zinc: 2.4mg (15.99%), Vitamin E: 2.21mg (14.74%), Selenium: 10.01µg (14.3%), Vitamin B12: 0.67µg (11.14%), Vitamin A: 524.33IU (10.49%), Vitamin D: 0.27µg (1.79%)