

## Speedy Spuds

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

### Ingredients

- ☐ 0.8 cup finely-chopped ham cooked chopped
- ☐ 8 medium spring onion
- ☐ 4 medium potatoes – remove skin red with peel still on
- ☐ 2 ounces cheddar cheese shredded
- ☐ 0.5 cup cream sour

### Equipment

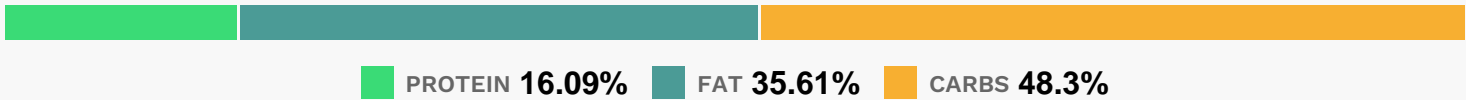
- ☐ frying pan
- ☐ knife

- ☐ wooden spoon
- ☐ microwave
- ☐ spatula
- ☐ cutting board
- ☐ measuring spoon
- ☐ pot holder

## Directions

- ☐ Scrub the potatoes with the vegetable brush. Poke each potato several times with the fork (this lets the steam escape and makes it easier to split the potato open later). Put potatoes about 1 inch apart in a circle on the plate. Microwave on High for 8 to 10 minutes or until potatoes are tender. Use the pot holders to take plate out of microwave.
- ☐ Peel the outside layer of skin from the green onions. Slice onions on the cutting board, using the knife (you need about 1/2 cup).
- ☐ Spray the skillet with the cooking spray.
- ☐ Put the green onions and ham (or bacon bits or pepperoni) in skillet. Cook over medium-high heat for about 3 minutes, stirring all the time with the wooden spoon, until ham is hot. Take skillet off hot burner.
- ☐ Cut baked potatoes lengthwise in half, using knife. (If the potatoes are too hot, hold them with a pot holder). Fluff insides of potato with fork. Put 1 tablespoon of the sour cream on each potato half, using the rubber spatula to get it out of the measuring spoon.
- ☐ Spread sour cream a little with rubber spatula. Top each potato half evenly with some ham mixture and cheese.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:18.025217307651%

## Flavonoids

Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 305.03kcal (15.25%), Fat: 12.37g (19.03%), Saturated Fat: 6.07g (37.94%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 33.35g (12.13%), Sugar: 4.47g (4.97%), Cholesterol: 46.6mg (15.53%), Sodium: 389.47mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Vitamin K: 69.05µg (65.76%), Vitamin C: 29.15mg (35.34%), Potassium: 1158.34mg (33.1%), Phosphorus: 289.67mg (28.97%), Vitamin B6: 0.46mg (22.81%), Vitamin B1: 0.31mg (20.75%), Manganese: 0.36mg (18.14%), Fiber: 4.4g (17.6%), Calcium: 173.42mg (17.34%), Copper: 0.34mg (17.22%), Vitamin B3: 3.39mg (16.96%), Magnesium: 64.01mg (16%), Folate: 62.88µg (15.72%), Selenium: 10.52µg (15.02%), Vitamin B2: 0.25mg (14.78%), Zinc: 1.91mg (12.72%), Vitamin A: 635.15IU (12.7%), Iron: 2.22mg (12.34%), Vitamin B5: 0.96mg (9.57%), Vitamin B12: 0.51µg (8.49%), Vitamin E: 0.4mg (2.68%)