

Squash Potatoes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



90 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

Ingredients

- 4 large baking potatoes
- 1 pound banana squash cubed peeled
- 0.5 cup butter
- 2 teaspoons lawry's seasoned salt

Equipment

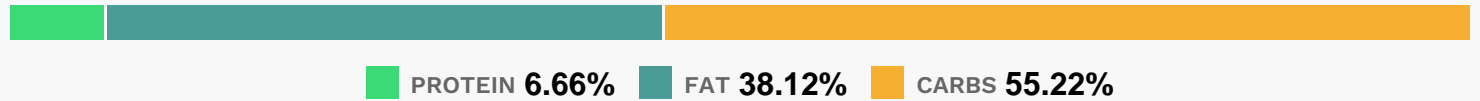
- bowl
- baking sheet
- oven

- pot
- colander

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place the potatoes on a baking sheet, and bake 45 minutes, until cooked through and tender.
- Place the squash in a pot with enough water to cover, and bring to a boil. Cook 10 minutes, or until tender.
- Transfer to a colander, and allow to drain for 30 minutes.
- Cut the baked potatoes in half, and scoop out the pulp, taking care to leave skins intact. In a large bowl, mash together the potato pulp, squash, and butter. Spoon the mixture into the potato skins, and place on a baking sheet.
- Sprinkle with seasoned salt.
- Reduce oven temperature to 350 degrees F (175 degrees C).
- Bake stuffed potato skins 30 minutes, until surface of filling is lightly browned.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:26.23, Inflammation Score:-7, Nutrition Score:10.866956566987%

Nutrients (% of daily need)

Calories: 266.76kcal (13.34%), Fat: 11.73g (18.04%), Saturated Fat: 7.36g (45.97%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 34.97g (12.72%), Sugar: 2.4g (2.67%), Cholesterol: 30.5mg (10.17%), Sodium: 684.09mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin B6: 0.73mg (36.27%), Potassium: 971.34mg (27.75%), Vitamin A: 1131.47IU (22.63%), Vitamin C: 17.49mg (21.2%), Manganese: 0.38mg (19.18%), Fiber: 3.25g (13%), Magnesium: 50.67mg (12.67%), Phosphorus: 117.92mg (11.79%), Copper: 0.23mg (11.54%), Vitamin B1: 0.17mg (11.27%), Vitamin B3: 2.2mg (11%), Iron: 1.92mg (10.69%), Folate: 39.86µg (9.97%), Vitamin B5: 0.68mg (6.78%), Vitamin B2: 0.1mg (5.93%), Vitamin K: 4.94µg (4.7%), Zinc: 0.67mg (4.46%), Calcium: 43.63mg (4.36%), Vitamin E: 0.42mg (2.77%), Selenium: 1.11µg (1.58%)