



HEALTH SCORE

67%

Stuffed jacket potatoes



Vegetarian



Gluten Free



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 4 medium potatoes
- ☐ 100 g cheddar cheese grated for topping
- ☐ 100 g regular corn
- ☐ 100 g pepper mixed diced
- ☐ 1 small handful herbs: rosemary fresh such as oregano, basil, coriander, dill or thyme

Equipment

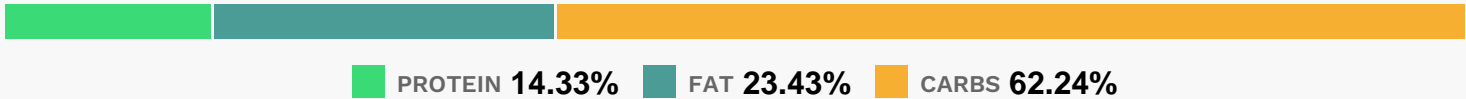
- ☐ oven
- ☐ mixing bowl

- ☐ baking pan
- ☐ grater
- ☐ oven mitt

Directions

- ☐ Equipment you will need: medium mixing bowl, small mixing bowl, dessertspoon, fork, baking tray, grater, oven gloves.
- ☐ Get an adult to heat the oven to 200C/180C fan/gas 6 and bake the potatoes for about 1 hr until cooked and the skins are crispy. Leave to cool completely. This can be done up to 2 days ahead.
- ☐ To stuff the jacket potatoes, heat the oven to 200C/180C fan/gas
- ☐ Ask an adult to cut the potatoes in half. Using a spoon, carefully scoop out the middle of the potato, leaving the skin unbroken (like a boat).
- ☐ Place the scooped potato into a mixing bowl.
- ☐ Using the fork, mash the potato until there are no lumps.
- ☐ Add the cheese, sweetcorn and peppers and mix well. Gently pick the leaves from the herbs. You can rip the larger leaves into smaller pieces. Stir the herbs into the cheesy potato mixture.
- ☐ Using the spoon, carefully scoop the mixture back into the potato boats. Make sure that you use all the mixture up.
- ☐ Sprinkle with a little extra grated cheese and place on a baking tray. Using oven gloves, place the tray in the oven and bake for 10–15 mins until golden.

Nutrition Facts



Properties

Glycemic Index:57.56, Glycemic Load:33.08, Inflammation Score:-7, Nutrition Score:25.693478418433%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg

Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 353.12kcal (17.66%), Fat: 9.89g (15.21%), Saturated Fat: 5.25g (32.84%), Carbohydrates: 59.12g (19.71%), Net Carbohydrates: 47.47g (17.26%), Sugar: 3.05g (3.39%), Cholesterol: 25mg (8.33%), Sodium: 182.09mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.21%), Manganese: 3.56mg (178%), Vitamin K: 62.07µg (59.12%), Vitamin C: 44.67mg (54.14%), Fiber: 11.64g (46.58%), Vitamin B6: 0.75mg (37.7%), Potassium: 1308.27mg (37.38%), Calcium: 315.19mg (31.52%), Phosphorus: 295.24mg (29.52%), Copper: 0.58mg (29.23%), Magnesium: 105.49mg (26.37%), Iron: 4.3mg (23.91%), Vitamin B1: 0.23mg (15.25%), Vitamin B3: 2.98mg (14.89%), Vitamin B2: 0.24mg (14.04%), Zinc: 2mg (13.32%), Vitamin B5: 1.29mg (12.85%), Selenium: 8.99µg (12.84%), Folate: 50.85µg (12.71%), Vitamin A: 541.5IU (10.83%), Vitamin B12: 0.26µg (4.42%), Vitamin E: 0.5mg (3.33%)