



WHATSheATE



The Ultimate Stuffed Potato

READY IN



75 min.

SERVINGS



4

CALORIES



809 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 heads broccoli
- ☐ 0.5 stick butter
- ☐ 2 tablespoons chives chopped
- ☐ 0.5 pound bacon crisp cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 4 medium idaho potatoes
- ☐ 4 servings kosher salt
- ☐ 0.5 cup milk

☐ 4 servings olive oil extra-virgin

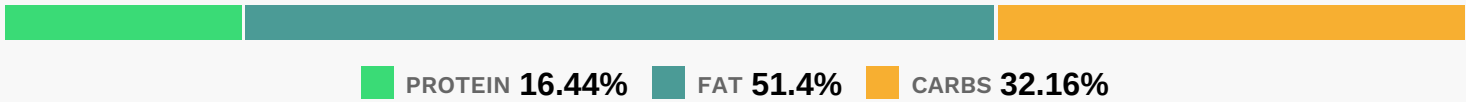
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Begin by baking the potatoes, as this will take the longest.
- ☐ Place potatoes onto a baking sheet. Pierce with a fork, drizzle with olive oil and season with salt.
- ☐ Place into preheated oven and bake for about 1 hour.
- ☐ While they are baking prepare the stuffing. Make a mornay sauce by combining the butter and flour over medium heat and then whisking in the milk. Fold in about 2 cups cheese and stir until melted. Once melted, remove from heat and fold in the cooked broccoli florets, crispy bacon bits, chopped chives and season with salt and freshly ground black pepper.
- ☐ When the potatoes are done make a cut across the top and squeeze it from the bottom so a small pouch opens up and the bottom is squared off. Spoon the filling over the top of the potato, sprinkle with cheese, season with pepper, to taste, and then pop in the oven for 2 more minutes until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:89.19, Glycemic Load:39.09, Inflammation Score:-10, Nutrition Score:44.362608743751%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 23.98mg, Kaempferol: 23.98mg, Kaempferol: 23.98mg, Kaempferol: 23.98mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg

Quercetin: 9.98mg

Nutrients (% of daily need)

Calories: 809.46kcal (40.47%), Fat: 47.72g (73.41%), Saturated Fat: 16.98g (106.13%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 56.22g (20.44%), Sugar: 8.01g (8.9%), Cholesterol: 90.16mg (30.05%), Sodium: 1360.22mg (59.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.68%), Vitamin C: 284.18mg (344.46%), Vitamin K: 326.8µg (311.24%), Vitamin B6: 1.6mg (79.75%), Potassium: 2195.23mg (62.72%), Folate: 237.65µg (59.41%), Phosphorus: 581.44mg (58.14%), Selenium: 40.59µg (57.98%), Vitamin B3: 10.61mg (53.05%), Manganese: 1.06mg (52.93%), Vitamin B1: 0.79mg (52.56%), Vitamin A: 2385.26IU (47.71%), Fiber: 10.95g (43.79%), Vitamin B2: 0.64mg (37.94%), Magnesium: 136.87mg (34.22%), Vitamin E: 5mg (33.32%), Vitamin B5: 3.19mg (31.86%), Iron: 5.07mg (28.16%), Zinc: 3.8mg (25.34%), Copper: 0.44mg (22.16%), Calcium: 220.97mg (22.1%), Vitamin B12: 0.81µg (13.45%), Vitamin D: 0.56µg (3.75%)