



WHATSheATE



Three cheese & onion jacket potato topper



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

Ingredients

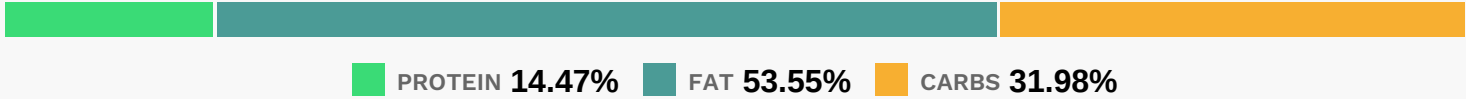
- ☐ 200 g cheese soft
- ☐ 100 g mozzarella cheese grated
- ☐ 100 g mature cheddar grated
- ☐ 4 spring onion finely sliced
- ☐ 3 tbsp milk
- ☐ 4 jacket potatoes hot
- ☐ 1 Tbsp onion chutney
- ☐ 4 servings grind pepper black

Equipment

Directions

- ☐
- Mix soft cheese with mozzarella, mature cheddar, spring onions and milk. Spoon into jacket potatoes and top each with a grind of black pepper and a dollop of onion chutney.

Nutrition Facts



Properties

Glycemic Index:73.44, Glycemic Load:28.74, Inflammation Score:-8, Nutrition Score:20.566087048987%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 527.85kcal (26.39%), Fat: 31.87g (49.03%), Saturated Fat: 18.46g (115.37%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 37.77g (13.73%), Sugar: 4.81g (5.34%), Cholesterol: 96.6mg (32.2%), Sodium: 496.35mg (21.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.74%), Vitamin C: 44.4mg (53.82%), Calcium: 400.56mg (40.06%), Phosphorus: 394.6mg (39.46%), Vitamin B6: 0.7mg (35.02%), Potassium: 1055.95mg (30.17%), Vitamin K: 31.32µg (29.83%), Vitamin A: 1233.72IU (24.67%), Selenium: 16.57µg (23.67%), Vitamin B2: 0.39mg (22.95%), Fiber: 5.07g (20.26%), Manganese: 0.38mg (18.85%), Zinc: 2.61mg (17.42%), Magnesium: 69.41mg (17.35%), Vitamin B12: 1.01µg (16.76%), Vitamin B1: 0.21mg (14.05%), Folate: 53.75µg (13.44%), Copper: 0.26mg (13.12%), Vitamin B3: 2.41mg (12.04%), Iron: 2.06mg (11.44%), Vitamin B5: 1.11mg (11.09%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.37µg (2.49%)