



Twice Baked Broccoli and Cheese Potato Bites



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 12 small potatoes – remove skin red ()
- ☐ 12 oz broccoli frozen
- ☐ 1 cup ranch dressing
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup plum tomatoes chopped (Roma)
- ☐ 4 oz cheddar cheese shredded

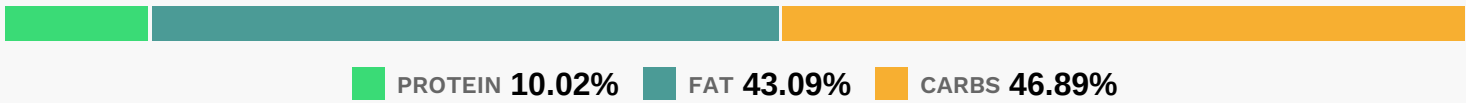
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ melon baller

Directions

- ☐ Heat oven to 350°F.
- ☐ Place potatoes in ungreased 15x10x1-inch pan.
- ☐ Bake 40 to 45 minutes or until tender. Cool until cool enough to handle, about 10 minutes.
- ☐ Meanwhile, cook broccoli as directed on bag.
- ☐ Cut potatoes in half. With melon baller, scoop out insides of potatoes into medium bowl, leaving 1/4 inch lining of potato in skins. To potatoes in bowl, add broccoli, 1/4 cup of the ranch dressing, the salt and pepper.
- ☐ Mix well, breaking up potatoes. Stir in tomato.
- ☐ Fill each potato shell with about 2 tablespoons potato mixture.
- ☐ Place on ungreased 15x10x1-inch pan.
- ☐ Sprinkle with Cheddar cheese.
- ☐ Bake 15 to 20 minutes or until cheese is melted.
- ☐ Serve with remaining 3/4 cup ranch dressing.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:14.171304329582%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 254.13kcal (12.71%), Fat: 12.47g (19.18%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 26.84g (9.76%), Sugar: 3.77g (4.19%), Cholesterol: 14.65mg (4.88%), Sodium: 330.66mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Vitamin K: 61.3µg (58.38%), Vitamin C: 40.58mg (49.19%), Potassium: 895.13mg (25.58%), Phosphorus: 204.11mg (20.41%), Vitamin B6: 0.36mg (17.76%), Manganese: 0.32mg (15.85%), Fiber: 3.69g (14.77%), Folate: 51.99µg (13%), Copper: 0.25mg (12.59%), Magnesium: 47.48mg (11.87%), Vitamin B1: 0.17mg (11.03%), Vitamin B3: 2.18mg (10.9%), Calcium: 103.35mg (10.33%), Vitamin B2: 0.15mg (8.58%), Iron: 1.54mg (8.55%), Vitamin B5: 0.84mg (8.4%), Zinc: 1.07mg (7.11%), Selenium: 4.93µg (7.05%), Vitamin A: 331.98IU (6.64%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.13µg (2.24%)