



Twice-Baked Halloween Mummies

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



239 kcal

SIDE DISH

Ingredients

- 24 oz baking potatoes
- 12 meatballs frozen italian-style cooked (from 16-oz package)
- 1 cup pasta sauce (from 14-oz jar)
- 4.5 oz mozzarella cheese
- 12 small pimientos
- 1 dill pickles cut into twelve 1x1/4-inch pieces

Equipment

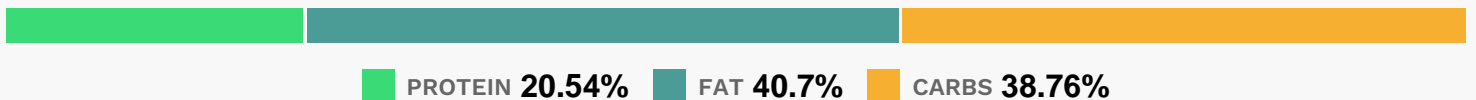
- frying pan

- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 375°F. Wrap each potato in foil.
- Bake about 1 hour or until fork-tender.
- Let stand 10 to 15 minutes or until easy to handle.
- Meanwhile, in medium saucepan, cook meatballs and pasta sauce over medium-high heat 5 to 7 minutes or until meatballs are hot, stirring frequently.
- Cut each potato in half lengthwise. With spoon, scoop out pulp from each potato, leaving 1/4-inch shell. Discard pulp or reserve for another use.
- Place 2 meatballs and about 2 tablespoons sauce in each potato half; place on ungreased 15x10x1-inch pan.
- Cut cheese into 1/4-inch wide slices. Arrange cheese slices over meatball filling crossing back and forth to completely cover and resemble "bandages;" tuck ends inside potatoes.
- Bake about 2 minutes or just until cheese softens; do not melt.
- Place 2 olives on end of each potato to resemble eyes; place 2 pickle pieces at opposite end to resemble feet.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:16.98, Inflammation Score:-5, Nutrition Score:11.449565278447%

Nutrients (% of daily need)

Calories: 238.67kcal (11.93%), Fat: 10.95g (16.85%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 21.22g (7.72%), Sugar: 2.58g (2.87%), Cholesterol: 36.96mg (12.32%), Sodium: 436.09mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Vitamin B6: 0.56mg (27.76%), Vitamin B1: 0.32mg (21.31%), Potassium: 706.66mg (20.19%), Phosphorus: 199.82mg (19.98%), Selenium: 11.21µg (16.01%), Vitamin C: 11.83mg (14.33%), Vitamin B3: 2.84mg (14.21%), Calcium: 137.74mg (13.77%), Manganese:

0.24mg (11.89%), Vitamin B2: 0.2mg (11.62%), Vitamin B12: 0.68µg (11.35%), Zinc: 1.67mg (11.15%), Magnesium: 42.68mg (10.67%), Iron: 1.77mg (9.85%), Copper: 0.18mg (9.14%), Fiber: 2.24g (8.96%), Vitamin A: 396.56IU (7.93%), Vitamin B5: 0.69mg (6.9%), Folate: 23.45µg (5.86%), Vitamin K: 5.7µg (5.43%), Vitamin E: 0.67mg (4.46%)