



## Twice-Baked Halloween Mummies

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

### Ingredients

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

### Equipment

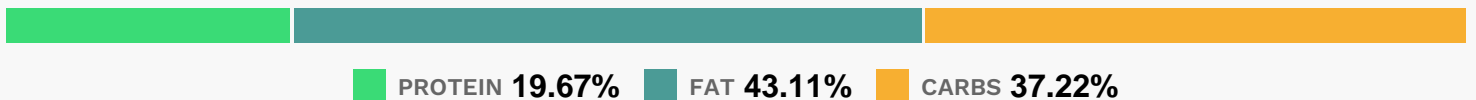
- frying pan

- sauce pan
- oven
- aluminum foil

## Directions

- Heat oven to 375F. 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:26.13, Glycemic Load:16.94, Inflammation Score:-4, Nutrition Score:11.480000032031%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 249.71kcal (12.49%), Fat: 12.17g (18.72%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 21.19g (7.7%), Sugar: 2.56g (2.84%), Cholesterol: 36.96mg (12.32%), Sodium: 560.55mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.98%), Vitamin B6: 0.55mg (27.63%),

Vitamin B1: 0.32mg (21.39%), Potassium: 706.16mg (20.18%), Phosphorus: 199.72mg (19.97%), Selenium: 11.27µg (16.1%), Vitamin B3: 2.85mg (14.23%), Calcium: 141.76mg (14.18%), Vitamin C: 9.75mg (11.81%), Manganese: 0.24mg (11.8%), Vitamin B2: 0.2mg (11.57%), Vitamin B12: 0.68µg (11.35%), Zinc: 1.67mg (11.14%), Magnesium: 43.42mg (10.85%), Iron: 1.77mg (9.84%), Fiber: 2.46g (9.84%), Copper: 0.19mg (9.56%), Vitamin A: 374.9IU (7.5%), Vitamin B5: 0.69mg (6.92%), Vitamin E: 0.96mg (6.38%), Folate: 23.55µg (5.89%), Vitamin K: 5.61µg (5.34%)