



Twice-Baked Potatoes



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 6 large baking potatoes
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup cheddar cheese shredded low-fat
- ☐ 0.8 cup cream sour low-fat
- ☐ 1.5 cups mushrooms sliced
- ☐ 6 servings salt and pepper
- ☐ 4 spring onion thinly sliced

☐ 10 oz spinach frozen dry chopped

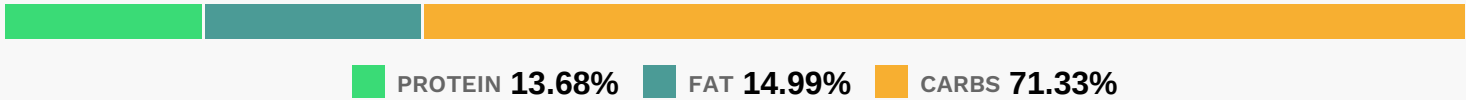
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to400F. Pierce potatoes in several places with a fork; place on a baking sheet.
- ☐ Bake until tender, about 1 hour 15 minutes.
- ☐ Let cool for 15 minutes. Warm oil in a skillet over medium heat.
- ☐ Add mushrooms; saut until soft and golden and liquid has evaporated, about 6 minutes.
- ☐ Add scallions; saut for 1 minute.
- ☐ Remove from heat.
- ☐ Carefully slice top inch off potatoes. Scoop out flesh, leaving a 1/4-inch border.
- ☐ Transfer flesh to a bowl and mash.
- ☐ Add mushroom mixture, spinach, mustard, sour cream and 1/2 cup Cheddar.
- ☐ Mix well and season with salt and pepper.
- ☐ Divide mixture among potato shells; sprinkle with remaining Cheddar. Return to baking sheet; bake until heated through and golden brown on top, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:52.74, Inflammation Score:-10, Nutrition Score:31.665217523989%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 390.09kcal (19.5%), Fat: 6.76g (10.4%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 72.35g (24.12%), Net Carbohydrates: 65.66g (23.88%), Sugar: 3.39g (3.77%), Cholesterol: 12.04mg (4.01%), Sodium: 349.51mg (15.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Vitamin K: 200.86µg (191.29%), Vitamin A: 5738.87IU (114.78%), Vitamin B6: 1.4mg (69.76%), Potassium: 1870.32mg (53.44%), Manganese: 0.94mg (47.2%), Folate: 133.69µg (33.42%), Magnesium: 129.25mg (32.31%), Phosphorus: 317.49mg (31.75%), Vitamin C: 25.91mg (31.4%), Copper: 0.54mg (26.95%), Fiber: 6.69g (26.75%), Vitamin B1: 0.39mg (25.77%), Vitamin B3: 5mg (25.01%), Iron: 4.39mg (24.4%), Vitamin B2: 0.39mg (22.76%), Calcium: 196.19mg (19.62%), Vitamin B5: 1.54mg (15.43%), Selenium: 9.41µg (13.45%), Vitamin E: 1.96mg (13.06%), Zinc: 1.82mg (12.11%), Vitamin B12: 0.18µg (2.94%)