






 **20%**  
HEALTH SCORE

# Twice-Baked Potatoes with Broccoli

 Vegetarian  Gluten Free

READY IN  
  
**45 min.**

SERVINGS  
  
**12**

CALORIES  
  
**353 kcal**

SIDE DISH

## Ingredients

- 96 ounces baking potatoes with a fork
- 1 serving coarse salt
- 2.5 pounds broccoli trimmed cut into florets
- 0.8 cup butter unsalted softened ()
- 0.3 cup olive oil extra virgin extra-virgin
- 1 serving pepper freshly ground

## Equipment

- bowl

- baking sheet
- oven
- wire rack
- pot
- blender
- potato masher
- aluminum foil
- kitchen towels
- potato ricer

## Directions

- Preheat oven to 400 degrees.
- Bake potatoes until tender, about 1 hour.
- Let cool slightly on a wire rack.
- Prepare an ice-water bath; set aside. Bring a large pot of water to a boil.
- Add 1 tablespoon salt.
- Add broccoli, and cook until very tender, about 8 minutes.
- Transfer to ice-water bath to stop cooking.
- Drain well. Set aside.
- Cut potatoes lengthwise, removing 1/2 inch off tops; set tops aside. Holding potatoes with a kitchen towel to protect your hand, scoop out flesh, leaving about a 1/2-inch-thick shell on skins; discard flesh of 2 potatoes. Pass remaining flesh through a ricer into a large bowl.
- Add broccoli to bowl with potatoes. Using a pastry blender or potato masher, mash broccoli and potatoes together.
- Add butter, oil, 2 teaspoons salt, and 1/2 teaspoon pepper; mash until combined. Taste and adjust for salt and pepper. Season potato shells with salt and pepper. Spoon potato mixture into shells. Cover with reserved tops.
- Transfer to a rimmed baking sheet. Cover sheet with foil, and bake until heated through, about 15 minutes.
- Serve immediately.

# Nutrition Facts

PROTEIN 8.29% FAT 40.39% CARBS 51.32%

## Properties

Glycemic Index:12.4, Glycemic Load:33.46, Inflammation Score:-8, Nutrition Score:22.956521792256%

## Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 352.82kcal (17.64%), Fat: 16.54g (25.44%), Saturated Fat: 8.08g (50.47%), Carbohydrates: 47.27g (15.76%), Net Carbohydrates: 41.86g (15.22%), Sugar: 3.02g (3.36%), Cholesterol: 30.5mg (10.17%), Sodium: 60.33mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin C: 97.22mg (117.84%), Vitamin K: 104.19µg (99.23%), Vitamin B6: 0.95mg (47.41%), Potassium: 1247.92mg (35.65%), Manganese: 0.56mg (27.81%), Folate: 91.71µg (22.93%), Fiber: 5.41g (21.63%), Phosphorus: 190.52mg (19.05%), Vitamin A: 945.58IU (18.91%), Magnesium: 72.31mg (18.08%), Vitamin B1: 0.25mg (16.92%), Iron: 2.67mg (14.83%), Vitamin B3: 2.96mg (14.79%), Copper: 0.28mg (14.11%), Vitamin B5: 1.24mg (12.4%), Vitamin E: 1.74mg (11.58%), Vitamin B2: 0.19mg (11.19%), Calcium: 77.39mg (7.74%), Zinc: 1.06mg (7.05%), Selenium: 3.41µg (4.87%), Vitamin D: 0.21µg (1.42%)