



Twice-baked potatoes with goat's cheese



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

Ingredients

- ☐ 1 kg floury potatoes (such as King Edward)
- ☐ 25 g butter melted
- ☐ 200 g goat's cheese
- ☐ 50 ml single cream

Equipment

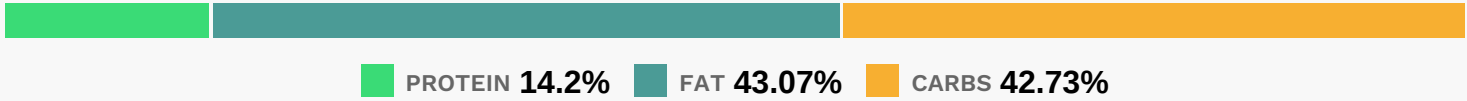
- ☐ oven
- ☐ baking pan
- ☐ grill

☐ kitchen towels

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Prick each potato a few times with a fork.
- ☐ Place in the oven and cook for 1 hr.
- ☐ Remove from the oven and, using a tea towel to protect your hands, cut them in half lengthwise. Use a spoon and scoop out the flesh, leaving behind enough skin and flesh to form a shell.
- ☐ Heat the grill.
- ☐ Place the potato halves, cut side up, onto a baking tray.
- ☐ Brush with a little melted butter then grill for 3–5 mins until starting to crisp. Meanwhile mash the potato flesh with 100g of goats cheese, any leftover butter and cream, then season well. Spoon a little mash back into each potato shell, then top with a slice of goats cheese.
- ☐ Place under the grill and cook for 5 mins until golden.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:31.97, Inflammation Score:-7, Nutrition Score:17.012173958447%

Flavonoids

Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 406.18kcal (20.31%), Fat: 19.74g (30.36%), Saturated Fat: 13.01g (81.29%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 38.55g (14.02%), Sugar: 2.41g (2.68%), Cholesterol: 50.45mg (16.82%), Sodium: 243.48mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.27%), Vitamin C: 49.33mg (59.79%), Vitamin B6: 0.87mg (43.31%), Copper: 0.64mg (31.84%), Potassium: 1079.25mg (30.84%), Phosphorus: 279.7mg (27.97%), Fiber: 5.5g (22%), Manganese: 0.43mg (21.63%), Vitamin B2: 0.29mg (16.94%), Magnesium: 66.51mg (16.63%), Iron: 2.9mg (16.14%), Vitamin A: 805.6IU (16.11%), Vitamin B1: 0.24mg (15.89%), Vitamin B3: 2.86mg (14.29%), Folate: 46.69µg (11.67%), Vitamin B5: 1.12mg (11.2%), Calcium: 110.21mg (11.02%), Zinc: 1.22mg

(8.15%), Vitamin K: 6.43µg (6.12%), Selenium: 2.28µg (3.25%), Vitamin E: 0.37mg (2.47%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.28µg (1.84%)