



Twice-Baked Salmon Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large baking potatoes
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3.5 tablespoons butter softened
- ☐ 0.3 cup skim milk fat-free
- ☐ 0.5 cup spring onion sliced
- ☐ 3 tablespoons horseradish prepared
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 ounce parmesan fresh grated

- ☐ 0.5 teaspoon salt
- ☐ 4.5 ounce salmon

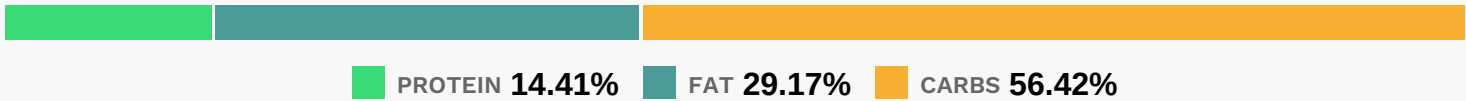
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Bake potatoes at 450 for 50 minutes or until done; cool slightly.
- ☐ Reduce oven temperature to 40
- ☐ Cut each potato in half lengthwise, and scoop out pulp, leaving a 1/4-inch-thick shell.
- ☐ Combine potato pulp, onions, and next 7 ingredients (through salmon) in a large bowl, stirring until blended. Spoon potato mixture into shells.
- ☐ Sprinkle cheese evenly over potatoes.
- ☐ Bake at 400 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:53.38, Inflammation Score:-7, Nutrition Score:25.325651956641%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 500.51kcal (25.03%), Fat: 16.61g (25.56%), Saturated Fat: 9.78g (61.11%), Carbohydrates: 72.3g (24.1%), Net Carbohydrates: 66.75g (24.27%), Sugar: 4.64g (5.15%), Cholesterol: 49.17mg (16.39%), Sodium: 833.02mg (36.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Vitamin B6: 1.4mg (70.13%), Potassium: 1764.61mg (50.42%), Vitamin D: 5.77µg (38.48%), Phosphorus: 358.15mg (35.81%), Manganese: 0.65mg (32.68%), Vitamin K: 34.23µg (32.6%), Vitamin C: 26.44mg (32.05%), Vitamin B3: 5.51mg (27.52%), Magnesium: 105.27mg

(26.32%), Copper: 0.48mg (24.06%), Vitamin B12: 1.38µg (23.08%), Vitamin B1: 0.34mg (22.95%), Calcium: 222.41mg (22.24%), Fiber: 5.56g (22.23%), Selenium: 15.23µg (21.76%), Iron: 3.78mg (21.02%), Folate: 71.19µg (17.8%), Vitamin B5: 1.53mg (15.3%), Vitamin B2: 0.26mg (15.06%), Vitamin A: 655.08IU (13.1%), Zinc: 1.76mg (11.71%), Vitamin E: 0.93mg (6.17%)