



## Veggie Baked Potatoes



Vegetarian



Gluten Free

READY IN



94 min.

SERVINGS



15

CALORIES



225 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 2 cups bite-size broccoli florets
- ☐ 1 small carrots cut into matchstick strips
- ☐ 0.5 bell pepper red seeded cut into chunks
- ☐ 4 large russet potatoes
- ☐ 15 servings salt
- ☐ 15 servings salt and pepper
- ☐ 0.5 cup swiss cheese shredded

☐ 15 servings vegetable oil

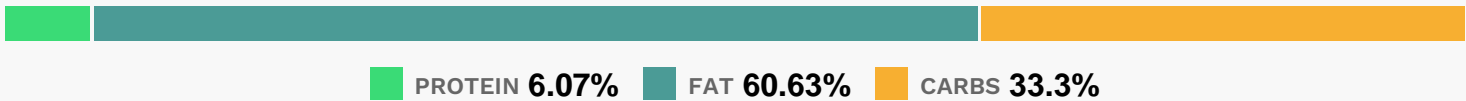
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ microwave

## Directions

- ☐ Bake potatoes. IN THE OVEN: Preheat oven to 375F. Scrub potatoes and pat dry. Prick all over with a fork. Rub lightly with vegetable oil; sprinkle with salt.
- ☐ Place on oven rack and bake until a knife inserted in center of potato slides in easily, about 1 hour to 1 hour 15 minutes. IN THE MICROWAVE: Scrub potatoes. Prick all over with a fork.
- ☐ Place potatoes on a microwave-safe plate; microwave on high 4 minutes. Turn potatoes over and microwave until a knife inserted in center of potato slides in easily, 6 to 8 minutes longer. Cooking time will vary depending on the microwave.
- ☐ In a saucepan, bring 1 inch water to boil.
- ☐ Add 1/4 tsp. salt.
- ☐ Add carrot, broccoli and bell pepper. Cook until crisp-tender, about 4 minutes.
- ☐ Drain.
- ☐ Cut a deep cross in tops of potatoes; squeeze to open. Fluff up flesh with a fork. Season with salt and pepper. Divide vegetables and olives among potatoes.
- ☐ Sprinkle with cheese and serve.

## Nutrition Facts



## Properties

Glycemic Index:14.84, Glycemic Load:14.31, Inflammation Score:-6, Nutrition Score:8.9382609388103%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 225.43kcal (11.27%), Fat: 15.6g (24.01%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 17.44g (6.34%), Sugar: 1.15g (1.28%), Cholesterol: 3.35mg (1.12%), Sodium: 440.72mg (19.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Vitamin K: 40.61µg (38.68%), Vitamin C: 21.71mg (26.31%), Vitamin B6: 0.38mg (19%), Vitamin A: 796.36IU (15.93%), Potassium: 471.29mg (13.47%), Vitamin E: 1.44mg (9.61%), Manganese: 0.19mg (9.52%), Phosphorus: 85.08mg (8.51%), Fiber: 1.85g (7.38%), Magnesium: 27.5mg (6.88%), Vitamin B1: 0.09mg (6.3%), Folate: 24.27µg (6.07%), Vitamin B3: 1.18mg (5.88%), Copper: 0.11mg (5.71%), Iron: 0.98mg (5.46%), Calcium: 53.32mg (5.33%), Vitamin B5: 0.4mg (4.03%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.51mg (3.41%), Selenium: 1.81µg (2.58%), Vitamin B12: 0.11µg (1.81%)