



Wine Baked Potato

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



1

CALORIES



248 kcal

SIDE DISH

Ingredients

- 1 medium baking potatoes
- 0.3 teaspoon butter
- 0.5 medium onion sliced
- 0.3 cup cooking sherry

Equipment

- bowl
- baking sheet
- oven

aluminum foil

Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- Make several cuts crosswise across the potato, about 1/2 inch apart and not quite all the way through.
- Place half of an onion slice, and a piece of butter into each cut.
- Place the potato onto a sheet of aluminum foil, and form a bowl.
- Pour the cooking wine over the potato, and fold the foil around to seal, turning the ends up like a boat to keep the wine from spilling out.
- Place the potato onto a baking sheet, and bake for 50 to 60 minutes, depending on the size of the potato. When done, cut through foil, and top with your favorite potato toppings or just salt and pepper.

Nutrition Facts

 **PROTEIN 9.81%**  **FAT 5.24%**  **CARBS 84.95%**

Properties

Glycemic Index:176.75, Glycemic Load:31.64, Inflammation Score:-6, Nutrition Score:10.753478263059%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 248.43kcal (12.42%), Fat: 1.24g (1.91%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 41.48g (15.08%), Sugar: 4.23g (4.7%), Cholesterol: 2.69mg (0.9%), Sodium: 23.89mg (1.04%), Alcohol: 6.18g (100%), Alcohol %: 2.38% (100%), Protein: 5.22g (10.43%), Vitamin B6: 0.83mg (41.54%), Potassium: 1011.41mg (28.9%), Manganese: 0.48mg (23.78%), Vitamin C: 16.21mg (19.65%), Magnesium: 60.51mg (15.13%), Fiber:

3.7g (14.82%), Phosphorus: 144.2mg (14.42%), Vitamin B1: 0.2mg (13.53%), Copper: 0.24mg (12.16%), Iron: 2.11mg (11.72%), Vitamin B3: 2.33mg (11.67%), Folate: 40.91µg (10.23%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.09mg (5.56%), Zinc: 0.78mg (5.23%), Calcium: 46.04mg (4.6%), Vitamin K: 4.38µg (4.17%), Selenium: 1.2µg (1.71%)