

Artichoke Swiss Stuffed Potatoes Baked Potatoes

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Servings: 4

2 large russet potatoes, washed and patted dry
olive oil
salt
pepper
1 jar (6 ounce) marinated artichokes, chopped
2 tablespoons artichoke marinade
4 ounces Swiss cheese, shredded

Preheat the oven to 425 degrees.

Rub the potato skins with olive oil. Sprinkle with salt and pepper. Prick with a fork in several places. Place on a baking sheet.

Bake for 50 to 60 minutes until tender. Let cool slightly. Reduce the oven temperature to 350 degrees.

Cut each potato into half lengthwise. Scoop out the pulp, leaving about 1/2-inch of potato on the skin. Place the pulp in a large bowl. Place the skins on a baking sheet.

Add the artichokes, marinade liquid and Swiss cheese to the pulp. Mix well. Pile the mixture into the potato skins.

Bake for about 15 minutes until hot.

Russet potatoes have a high starch content and are better for baking than red-skinned or Yukon Gold potatoes.

Per Serving (excluding unknown items): 136 Calories; 8g Fat (51.5% calories from fat); 9g Protein; 8g Carbohydrate; 1g Dietary Fiber; 26mg Cholesterol; 76mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	136	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.5%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	22.6%	Thiamin B1 (mg):	trace

% Calories from Protein:	25.9%
Total Fat (g):	8g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	26mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	9g
Sodium (mg):	76mg
Potassium (mg):	235mg
Calcium (mg):	275mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	240IU
Vitamin A (r.e.):	72RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	7mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	136	Calories from Fat: 70
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% Daily Values*

Total Fat	8g	12%
Saturated Fat	5g	25%
Cholesterol	26mg	9%
Sodium	76mg	3%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	2%
Protein	9g	
Vitamin A		5%
Vitamin C		12%
Calcium		28%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.