

# Broccoli Cheese Stuffed Baked Potatoes

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## Servings: 4

2 large russet potatoes, washed and patted dry  
olive oil  
salt  
pepper  
2/3 cup Alouette or Boursin cheese  
1 1/2 cups broccoli or cauliflower florets, microwaved for 2 minutes

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 cheese and broccoli to the pulp. Mix well. Stuff 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): 30 Calories; trace Fat (1.0% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Grain(Starch).

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	1.0%
% Calories from Carbohydrates:	88.8%
% Calories from Protein:	10.2%
Total Fat (g):	trace
Saturated Fat (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	1mg

**Monounsaturated Fat (g):** 0g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 7g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 2mg  
**Potassium (mg):** 204mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 30 **Calories from Fat:** 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	2%
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		12%
<b>Calcium</b>		0%
<b>Iron</b>		2%

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