

Pizza Stuffed Baked Potatoes

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Servings: 4

2 large russet potatoes, washed and patted dry
olive oil
salt
pepper
1/2 cup sun-dried tomatoes in oil, chopped
4 ounces Fontina cheese, grated
chopped pepperoni (optional)

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 sun-dried tomatoes, cheese and the pepperoni, if desired. Mix well. Pile 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): 140 Calories; 9g Fat (56.7% calories from fat); 8g Protein; 7g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 229mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	140	Vitamin B6 (mg):	.1mg
% Calories from Fat:	56.7%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	20.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	7mcg

Saturated Fat (g): 5g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 33mg
Carbohydrate (g): 7g
Dietary Fiber (g): 1g
Protein (g): 8g
Sodium (mg): 229mg
Potassium (mg): 222mg
Calcium (mg): 159mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 333IU
Vitamin A (r.e.): 100RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 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 140 **Calories from Fat:** 79

% Daily Values*

Total Fat	9g	14%
Saturated Fat	5g	27%
Cholesterol	33mg	11%
Sodium	229mg	10%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	2%
Protein	8g	
Vitamin A		7%
Vitamin C		12%
Calcium		16%
Iron		2%

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