

Potato Cups

Ingredients

- 12 small boiled potatoes
- Salt and freshly ground black pepper to taste
- 1 cup of steamed fresh broccoli florets
- 90g cubed mozzarella cheese
- 1/2 cup of shredded cheddar cheese
- NOOR Oil

Instructions (Up to 30-45 Mins)

- Grease a muffin tin with oil.
- Place a boiled potato in each muffin cup.
- Season each potato with salt and freshly ground black pepper to taste.
- Add a cube of mozzarella cheese to each potato.
- Top with a spoonful of steamed broccoli florets.
- Sprinkle each potato with shredded cheddar cheese.
- Bake until the cheese is melted

Nutritional Values

- **Calories: 200-300 kcal**
- **Protein: 8-12g**
- **Fat: 10-15g**
- **Carbohydrates: 30-40g**

Nutritional values are estimates and can vary significantly depending on factors such as ingredient brands, portion sizes, and cooking methods.