



All-American Baked Potatoes

 Gluten Free

READY IN



100 min.

SERVINGS



15

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 2 tablespoons chives minced
- ☐ 4 large baking potatoes
- ☐ 15 servings salt
- ☐ 15 servings salt and pepper
- ☐ 6 tablespoons cheddar cheese shredded
- ☐ 6 tablespoons cream sour
- ☐ 15 servings vegetable oil

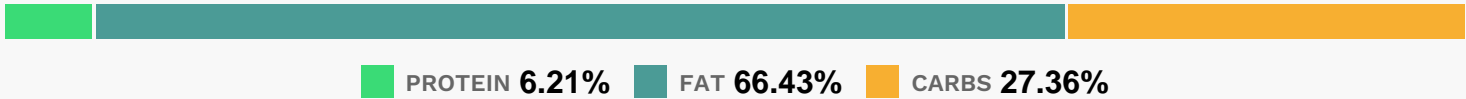
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Bake potatoes. IN THE OVEN: Preheat oven to 375F. Scrub potatoes and pat dry. Prick all over with a fork. Rub lightly with vegetable oil; sprinkle with salt.
- ☐ Place on oven rack and bake until a knife inserted in center of potato slides in easily, about 1 hour to 1 hour 15 minutes. IN THE MICROWAVE: Scrub potatoes. Prick all over with a fork.
- ☐ Place potatoes on a microwave-safe plate; microwave on high 4 minutes. Turn potatoes over and microwave until a knife inserted in center of potato slides in easily, 6 to 8 minutes longer. Cooking time will vary depending on the microwave.
- ☐ In a large skillet, cook bacon over medium heat until crisp; drain on paper towels. Crumble 2 slices.
- ☐ Cut a deep cross in tops of potatoes and squeeze to open. Fluff up flesh with a fork and season with salt and pepper. Divide crumbled bacon and half of sour cream, Cheddar and chives among potatoes and mix into flesh. Top with remaining sour cream, Cheddar, chives and bacon and serve.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:14.01, Inflammation Score:-2, Nutrition Score:6.6669564817263%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 261.69kcal (13.08%), Fat: 19.66g (30.25%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 16.93g (6.16%), Sugar: 0.79g (0.88%), Cholesterol: 12.04mg (4.01%), Sodium: 474.49mg (20.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin K: 28.52µg (27.16%), Vitamin B6: 0.37mg (18.39%), Potassium: 437.63mg (12.5%), Phosphorus: 86.24mg (8.62%), Vitamin E: 1.24mg (8.25%), Manganese: 0.16mg (7.94%), Vitamin B1: 0.11mg (7.15%), Vitamin C: 5.88mg (7.13%), Vitamin B3: 1.38mg (6.91%), Magnesium: 25.26mg (6.32%), Copper: 0.11mg (5.4%), Fiber: 1.29g (5.16%), Iron: 0.9mg (5.02%), Selenium: 3.31µg (4.72%), Calcium: 42.73mg (4.27%), Folate: 15.2µg (3.8%), Vitamin B5: 0.38mg (3.76%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.53mg (3.55%), Vitamin A: 85.62IU (1.71%), Vitamin B12: 0.09µg (1.5%)