



Baby Twice-Baked Potatoes

 Gluten Free

READY IN



24 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- 2 bacon crumbled cooked
- 0.3 cup milk fat-free
- 0.1 teaspoon garlic powder
- 2 green onions finely chopped
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 0.1 teaspoon pepper
- 1 pound potatoes red
- 0.5 teaspoon salt

2 ounces pre-shredded sharp cheddar cheese reduced-fat

Equipment

baking sheet

paper towels

oven

blender

microwave

Directions

Preheat oven to 35

Pierce potatoes with a fork; arrange on paper towels in microwave oven. Microwave at HIGH 6 minutes or until tender.

Let stand 5 minutes.

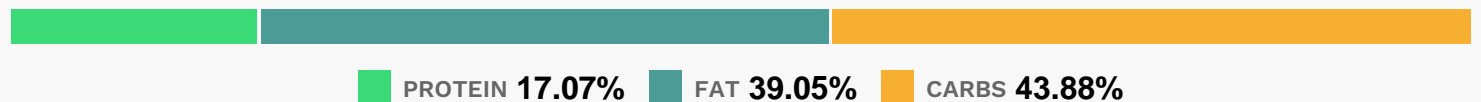
Cut each potato in half; scoop out pulp, reserving shells.

Combine potato pulp, onions, and remaining ingredients with a mixer at medium speed.

Spoon potato mixture into shells.

Place on a baking sheet; bake at 350 for 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.6130435052125%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 95.66kcal (4.78%), Fat: 4.22g (6.5%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 9.62g (3.5%), Sugar: 1.36g (1.51%), Cholesterol: 12.73mg (4.24%), Sodium: 248.15mg (10.79%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Phosphorus: 93.89mg (9.39%), Potassium: 320.07mg (9.14%), Calcium: 85.41mg (8.54%), Vitamin K: 8.12µg (7.74%), Vitamin C: 5.53mg (6.7%), Vitamin B6: 0.12mg (6.13%), Selenium: 3.84µg (5.48%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.71%), Manganese: 0.09mg (4.55%), Vitamin B3: 0.9mg (4.5%), Magnesium: 17.88mg (4.47%), Copper: 0.09mg (4.27%), Fiber: 1.05g (4.22%), Zinc: 0.62mg (4.11%), Folate: 14.9µg (3.72%), Vitamin B12: 0.2µg (3.27%), Vitamin A: 158.06IU (3.16%), Iron: 0.5mg (2.79%), Vitamin B5: 0.25mg (2.49%), Vitamin D: 0.18µg (1.21%)