



## Bacon-and-Pea-Stuffed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



734 kcal

SIDE DISH

### Ingredients

- 24 oz baking potatoes
- 8 oz cheddar grated
- 0.5 pound bacon crumbled crisp cooked
- 0.5 cup milk
- 6 oz peas frozen thawed
- 4 servings salt and pepper
- 2 tablespoons butter unsalted

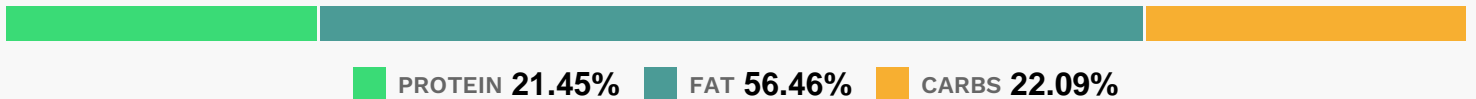
### Equipment

- bowl
- oven
- microwave

## Directions

- Preheat oven to 450F. Scrub potatoes, dry well and pierce several times with a fork. Microwave for 4 minutes on high. Turn potatoes over and cook for 4 more minutes. Turn again, cook on low for 2 minutes, turn and cook another 2 minutes.
- Transfer potatoes to a work surface and cover with a bowl.
- Let sit for 5 minutes.
- Slice a 1/4-inch "lid" off top of each potato; discard. With a small spoon scoop out flesh, leaving a shell with a 1/4-inch "wall" of flesh.
- Mix scooped-out potato with butter, salt, pepper and milk in a large bowl. Mash with a fork until blended (mixture should be chunky). Stir in bacon, peas and 1 cup cheese. Fill potato skins with equal amounts of potato mixture. Top with remaining cheese and bake until cheese has melted and filling is warmed, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:48.52, Glycemic Load:26.73, Inflammation Score:-8, Nutrition Score:28.106956585594%

## Nutrients (% of daily need)

Calories: 734kcal (36.7%), Fat: 46.14g (70.98%), Saturated Fat: 21.93g (137.05%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 36g (13.09%), Sugar: 5.12g (5.69%), Cholesterol: 131.54mg (43.85%), Sodium: 1540.14mg (66.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.44g (78.87%), Selenium: 46.89µg (66.98%), Phosphorus: 651.64mg (65.16%), Vitamin B6: 1.02mg (51%), Calcium: 479.16mg (47.92%), Vitamin B3: 8.67mg (43.34%), Vitamin B1: 0.6mg (40.27%), Potassium: 1187.12mg (33.92%), Zinc: 4.97mg (33.12%), Vitamin C: 26.71mg (32.37%), Vitamin B2: 0.54mg (31.67%), Vitamin B12: 1.4µg (23.26%), Manganese: 0.46mg (23.08%), Vitamin A: 1140.45IU (22.81%), Magnesium: 89.85mg (22.46%), Fiber: 4.64g (18.54%), Copper: 0.33mg (16.49%), Folate: 63.57µg (15.89%), Vitamin B5: 1.55mg (15.45%), Iron: 2.72mg (15.11%), Vitamin K: 15.55µg (14.81%), Vitamin D: 1.01µg (6.72%), Vitamin E: 0.91mg (6.09%)