



Baked Potatoes with All the Fixins

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



1158 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bacon bits
- ☐ 4 baking potatoes
- ☐ 1 stick butter cut into cubes
- ☐ 1.5 tablespoons canola oil
- ☐ 2 cups cheddar grated
- ☐ 0.5 cup chives chopped
- ☐ 2 cups cup heavy whipping cream sour

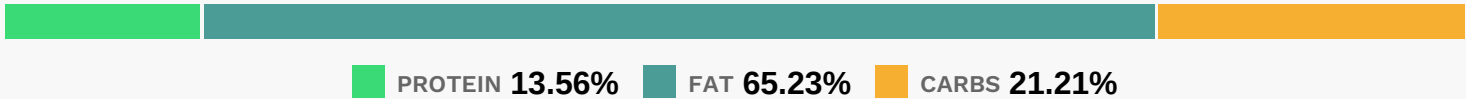
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ For the potatoes: Preheat the oven to 400 degrees F.
- ☐ Place the potatoes on a baking sheet. Rub them with the canola oil and bake until they are cooked thoroughly and soft in the center, about 1 hour.
- ☐ Put the Cheddar, sour cream, bacon bits, butter cubes and chives in separate bowls to serve on top of the potatoes.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:30.7, Inflammation Score:-9, Nutrition Score:29.960869695829%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 1158.49kcal (57.92%), Fat: 85.21g (131.09%), Saturated Fat: 39.83g (248.96%), Carbohydrates: 62.34g (20.78%), Net Carbohydrates: 53.42g (19.42%), Sugar: 5.54g (6.15%), Cholesterol: 185.09mg (61.7%), Sodium: 1644.51mg (71.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.86g (79.72%), Calcium: 614.41mg (61.44%), Phosphorus: 601.35mg (60.13%), Vitamin A: 2208.33IU (44.17%), Vitamin B6: 0.88mg (43.8%), Vitamin E: 6.55mg (43.65%), Vitamin B1: 0.57mg (38.28%), Selenium: 25.8µg (36.86%), Fiber: 8.93g (35.71%), Potassium: 1182.81mg (33.79%), Magnesium: 134.6mg (33.65%), Vitamin B2: 0.57mg (33.49%), Folate: 129.8µg (32.45%), Copper: 0.59mg (29.27%), Zinc: 4.23mg (28.2%), Vitamin B12: 1.6µg (26.64%), Vitamin K: 23.29µg (22.18%), Vitamin C: 17.2mg (20.85%), Manganese: 0.37mg (18.57%), Vitamin B3: 3.33mg (16.66%), Iron: 2.51mg (13.97%), Vitamin B5: 1.31mg (13.08%), Vitamin D: 0.34µg (2.26%)