



Blue Cheese and Bacon Twice-Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 60 ounce baking potatoes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 tablespoons butter
- ☐ 4 bacon crumbled cooked
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 1.5 cups buttermilk low-fat
- ☐ 1.3 teaspoons salt

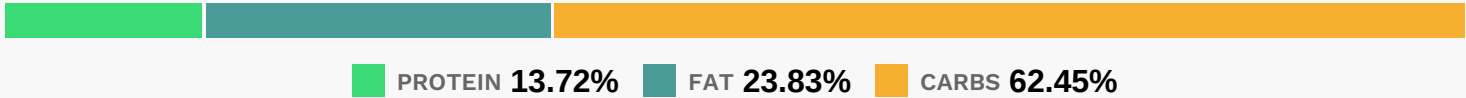
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Bake potatoes at 375 for 1 hour or until tender. Cool 10 minutes or until cool enough to handle.
- ☐ Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell.
- ☐ Place potato pulp, buttermilk, and remaining ingredients in a large bowl; beat with a mixer at medium speed until well blended. Spoon about 1/2 cup potato mixture into each of 8 shells (reserve remaining shells for another use). Arrange stuffed shells on a baking sheet.
- ☐ Bake at 375 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:29.84, Glycemic Load:30.28, Inflammation Score:-4, Nutrition Score:11.714782640986%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 255.34kcal (12.77%), Fat: 6.94g (10.68%), Saturated Fat: 3.96g (24.75%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 38.1g (13.85%), Sugar: 3.53g (3.93%), Cholesterol: 18.6mg (6.2%), Sodium: 611.85mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Vitamin B6: 0.78mg (39.2%), Potassium: 998.13mg (28.52%), Phosphorus: 201.6mg (20.16%), Manganese: 0.35mg (17.49%), Vitamin C: 13.3mg (16.12%), Magnesium: 57.43mg (14.36%), Vitamin B1: 0.22mg (14.35%), Vitamin B3: 2.73mg (13.65%), Calcium: 120.19mg (12.02%), Copper: 0.23mg (11.7%), Fiber: 2.81g (11.24%), Iron: 1.94mg (10.78%), Vitamin B2: 0.18mg (10.5%), Vitamin

B5: 0.94mg (9.4%), Folate: 36µg (9%), Zinc: 1.13mg (7.52%), Selenium: 4.86µg (6.94%), Vitamin K: 7.05µg (6.72%),
Vitamin A: 221.05IU (4.42%), Vitamin B12: 0.23µg (3.92%), Vitamin E: 0.16mg (1.09%)