



Buffalo Chicken Twice-Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



398 kcal

SIDE DISH

Ingredients

- ☐ 24 oz baking potatoes
- ☐ 1 tablespoon butter
- ☐ 24 oz grilled chicken breast strips
- ☐ 0.8 teaspoon chili powder
- ☐ 8 servings toppings: green onions light shredded sour chopped
- ☐ 0.3 cup hot sauce buffalo-style
- ☐ 1 tablespoon hot sauce buffalo-style
- ☐ 4 oz cheddar cheese shredded 2% divided reduced-fat

☐ 0.8 cup cup heavy whipping cream light sour

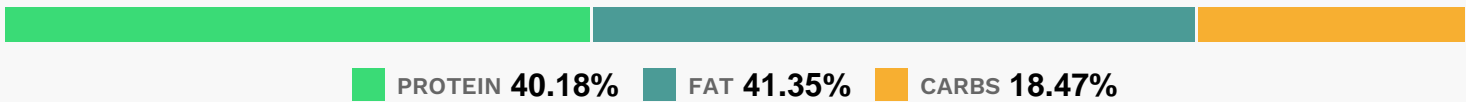
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Wrap each potato with a piece of aluminum foil; place potatoes on a baking sheet.
- ☐ Bake at 425 for 1 hour or until potatoes are tender.
- ☐ Cut potatoes in half lengthwise; carefully scoop out pulp into a large bowl, leaving shells intact. Stir together potato pulp, 3/4 cup cheese, 3/4 cup sour cream, and 1 tablespoon hot sauce.
- ☐ Spoon potato mixture evenly into shells; sprinkle tops evenly with remaining 1/4 cup cheese. Return potatoes to baking sheet, and bake at 425 for 5 to 10 minutes or until Cheddar cheese is melted.
- ☐ Cook chicken according to package directions for stovetop method. Stir in 1/4 cup hot sauce, butter, and chili powder.
- ☐ Spoon chicken mixture evenly over tops of baked potatoes.
- ☐ Serve with desired toppings.
- ☐ Natalie's tip: Using light products in this dish makes it a more healthful meal. Your family will never taste the difference.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:12.29, Inflammation Score:-5, Nutrition Score:17.901304265727%

Nutrients (% of daily need)

Calories: 397.85kcal (19.89%), Fat: 18.06g (27.79%), Saturated Fat: 9.59g (59.93%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 16.96g (6.17%), Sugar: 0.88g (0.97%), Cholesterol: 116.58mg (38.86%), Sodium: 623.54mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.49g (78.97%), Vitamin B3: 12.63mg (63.13%), Selenium: 35.08µg (50.12%), Phosphorus: 463.99mg (46.4%), Vitamin B6: 0.85mg (42.67%), Calcium: 326.91mg (32.69%), Vitamin B2: 0.32mg (19.08%), Potassium: 667.76mg (19.08%), Zinc: 2.58mg (17.22%), Vitamin C: 11.87mg (14.39%), Magnesium: 57.52mg (14.38%), Vitamin B12: 0.77µg (12.84%), Vitamin B5: 1.24mg (12.4%), Vitamin A: 533.49IU (10.67%), Vitamin B1: 0.15mg (10.14%), Iron: 1.82mg (10.08%), Manganese: 0.16mg (7.97%), Copper: 0.15mg (7.5%), Folate: 26.19µg (6.55%), Fiber: 1.2g (4.79%), Vitamin E: 0.66mg (4.4%), Vitamin K: 3.24µg (3.08%), Vitamin D: 0.32µg (2.15%)