



Buffalo Chicken Twice-Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce russet baking potatoes
- ☐ 1 pound boned and skinned chicken breasts cut into thin strips
- ☐ 0.3 teaspoon chili powder
- ☐ 1 teaspoon hot sauce buffalo-style
- ☐ 2 tablespoons hot sauce buffalo-style
- ☐ 3 ounces cheddar cheese shredded 2% divided reduced-fat
- ☐ 2 tablespoons butter light
- ☐ 0.5 cup nonfat cream sour

- ☐ 8 servings toppings: nonfat cream sour chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vinegar white

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Wrap each potato in a piece of aluminum foil; place potatoes on a baking sheet.
- ☐ Bake at 425 for 45 minutes 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, 1/2 cup shredded Cheddar cheese, 1/2 cup sour cream, and 1 teaspoon Buffalo-style hot sauce.
- ☐ Spoon potato mixture evenly into shells; sprinkle tops evenly with remaining 1/4 cup shredded Cheddar cheese. Return potatoes to baking sheet, and bake at 425 for 5 to 6 minutes or until cheese melts.
- ☐ Sprinkle chicken evenly with salt and chili powder, and cook in hot vegetable oil in a large nonstick skillet over medium-high heat 7 minutes or until chicken is browned, stirring often. Stir in 2 tablespoons white vinegar, 2 tablespoons Buffalo-style hot sauce, and 2 tablespoons light margarine; stir until sauce is blended and chicken is coated. Cook 1 minute; remove skillet from heat.
- ☐ Spoon chicken mixture evenly over tops of baked potatoes.
- ☐ Serve with desired toppings.

Nutrition Facts



 **PROTEIN 32.33%**  **FAT 28.04%**  **CARBS 39.63%**

Properties

Glycemic Index:16.84, Glycemic Load:12.09, Inflammation Score:-4, Nutrition Score:11.280000082825%

Nutrients (% of daily need)

Calories: 220.12kcal (11.01%), Fat: 6.82g (10.49%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.55g (7.47%), Sugar: 0.79g (0.87%), Cholesterol: 41.97mg (13.99%), Sodium: 395.09mg (17.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.39%), Vitamin B6: 0.74mg (36.9%), Vitamin B3: 6.84mg (34.22%), Selenium: 22.09µg (31.56%), Phosphorus: 255.32mg (25.53%), Potassium: 629.14mg (17.98%), Vitamin B5: 1.09mg (10.91%), Calcium: 107.82mg (10.78%), Vitamin C: 8.34mg (10.11%), Magnesium: 40.27mg (10.07%), Vitamin B2: 0.17mg (10.05%), Vitamin B1: 0.12mg (8.3%), Manganese: 0.15mg (7.4%), Zinc: 0.97mg (6.46%), Vitamin A: 287.52IU (5.75%), Copper: 0.11mg (5.66%), Iron: 1.02mg (5.65%), Folate: 19.84µg (4.96%), Vitamin K: 4.99µg (4.75%), Vitamin B12: 0.28µg (4.74%), Fiber: 1.14g (4.55%), Vitamin E: 0.4mg (2.66%)