



Caramelized Onion, Bacon, and Goat Cheese Potato Filling

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 slices bacon crumbled cooked
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 oz goat cheese log softened
- ☐ 0.5 teaspoon ground pepper black
- ☐ 8 servings twice-baked potatoes four ways

- ☐ 2 cups onion red chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons sugar

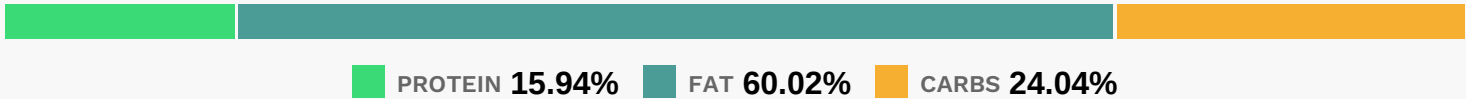
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add onion and sugar, and saut 10 to 12 minutes or until caramelized. Stir in sherry, and cook 1 minute or until liquid evaporates, stirring to loosen particles from bottom of skillet. Stir together onion mixture, goat cheese, bacon, thyme, salt, and pepper. Stir into potato pulp as directed in Twice-
- ☐ Baked Potatoes Four Ways.

Nutrition Facts



Properties

Glycemic Index:40.36, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:3.0017390873121%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 91.86kcal (4.59%), Fat: 6.12g (9.41%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.87g (3.19%), Cholesterol: 15.47mg (5.16%), Sodium: 324.72mg (14.12%), Alcohol: 0.39g (100%), Alcohol %: 0.73% (100%), Protein: 3.66g (7.31%), Vitamin C: 5.96mg (7.22%), Copper: 0.13mg (6.61%), Vitamin A: 318.54IU (6.37%), Manganese: 0.12mg (5.92%), Phosphorus: 52.02mg (5.2%), Vitamin B6: 0.09mg (4.74%), Vitamin B2: 0.08mg (4.43%), Fiber: 0.98g (3.91%), Iron: 0.69mg (3.84%), Calcium: 38.13mg (3.81%),

Folate: 10.41µg (2.6%), Magnesium: 9.96mg (2.49%), Potassium: 82.18mg (2.35%), Vitamin B1: 0.03mg (2.03%),
Vitamin B5: 0.16mg (1.63%), Zinc: 0.24mg (1.62%)