



Cheddar and Bacon Twice Baked Potatoes

 Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



756 kcal

SIDE DISH

Ingredients

- 8 slices bacon
- 6 servings pepper black freshly ground
- 4 green onions sliced
- 6 servings kosher salt
- 6 servings olive oil
- 6 large russet potatoes dried
- 1 cup sharp cheddar grated
- 0.5 cup cup heavy whipping cream sour

- 6 tablespoons butter unsalted

Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Lay the bacon on a baking sheet and bake until crisp, about 25 minutes.
- Remove from the baking sheet to a paper-towel-lined plate. Crumble once cooled.
- Place the potatoes on a baking sheet.
- Drizzle lightly with olive oil and sprinkle with salt.
- Bake the potatoes until crisp on the outside and completely cooked through, about 1 hour.
- Remove from the oven and let cool for 5 minutes. Lower the oven temperature to 350 degrees F.
- Use a paring knife to cut a canoe shape from the top of each potato. Discard the top. Use a small spoon to remove the flesh from the potatoes to a bowl, leaving a 1/4-inch shell.
- Reserve a small sprinkling of the cheese and green onions.
- Mash the potatoes with the crumbled bacon, sour cream, butter, cheese, green onions, and some salt and pepper.
- Add the potato filling evenly back to the skins, dividing equally.
- Sprinkle each potato with the reserved cheese and green onions.
- Place each potato back on the baking sheet and bake until heated through and golden, about 25 minutes.

Nutrition Facts



■ PROTEIN 8.69% ■ FAT 55.44% ■ CARBS 35.87%

Properties

Glycemic Index:29.29, Glycemic Load:52.7, Inflammation Score:-7, Nutrition Score:22.742174044899%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 755.57kcal (37.78%), Fat: 47.43g (72.97%), Saturated Fat: 18.68g (116.72%), Carbohydrates: 69.06g (23.02%), Net Carbohydrates: 64.03g (23.28%), Sugar: 3.2g (3.55%), Cholesterol: 79.6mg (26.53%), Sodium: 538.66mg (23.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Vitamin B6: 1.38mg (68.88%), Potassium: 1662.22mg (47.49%), Phosphorus: 352.49mg (35.25%), Vitamin K: 33.51µg (31.92%), Manganese: 0.61mg (30.66%), Vitamin C: 22.71mg (27.53%), Vitamin B1: 0.4mg (26.54%), Vitamin B3: 5.08mg (25.38%), Magnesium: 97.45mg (24.36%), Calcium: 211.77mg (21.18%), Copper: 0.41mg (20.62%), Fiber: 5.03g (20.12%), Iron: 3.55mg (19.71%), Selenium: 13.6µg (19.43%), Vitamin E: 2.76mg (18.42%), Vitamin B2: 0.27mg (16.01%), Folate: 62.32µg (15.58%), Vitamin A: 752.83IU (15.06%), Zinc: 2.22mg (14.77%), Vitamin B5: 1.44mg (14.38%), Vitamin B12: 0.41µg (6.84%), Vitamin D: 0.44µg (2.94%)