



## Cheese-Stuffed Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

### Ingredients

- 2 large baking potatoes
- 4 teaspoons butter
- 4 bacon crumbled cooked
- 2 tablespoons spring onion finely chopped
- 1 teaspoon horseradish prepared
- 0.3 cup parmesan cheese grated
- 4 servings salt and pepper to taste
- 0.5 cup sharp cheddar cheese shredded

0.5 cup cream sour

## Equipment

bowl

oven

baking pan

## Directions

Bake potatoes at 425° for 45 minutes or until tender.

Remove from oven; reduce temperature to 350°.

Cut each potato in half horizontally; leaving a thin shell, carefully scoop pulp into a bowl. Set potato skins aside.

To the pulp, add sour cream, Parmesan cheese, bacon, onion and horseradish.

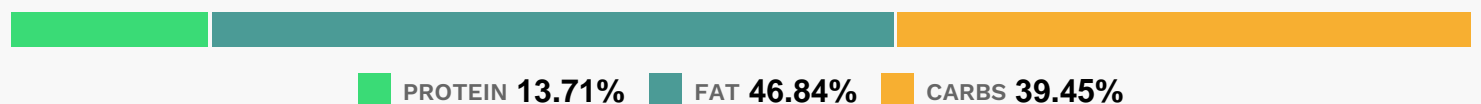
Mix with a fork until combined but not mashed.

Add salt and pepper. Fill potato skins. Top each potato with 1 teaspoon butter and sprinkle with cheese.

Place in a shallow baking dish.

Bake at 350° until heated through, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:57.19, Glycemic Load:26.4, Inflammation Score:-5, Nutrition Score:13.016521671544%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 361.47kcal (18.07%), Fat: 19.15g (29.47%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 33.77g (12.28%), Sugar: 2.35g (2.61%), Cholesterol: 55.19mg (18.4%), Sodium: 585.96mg (25.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.23%), Vitamin B6: 0.71mg (35.44%),

Phosphorus: 261.38mg (26.14%), Potassium: 880.19mg (25.15%), Calcium: 213.2mg (21.32%), Selenium: 12.15µg (17.35%), Manganese: 0.31mg (15.41%), Vitamin C: 11.65mg (14.12%), Vitamin B3: 2.81mg (14.06%), Vitamin B1: 0.21mg (13.97%), Magnesium: 54.83mg (13.71%), Vitamin B2: 0.22mg (12.71%), Zinc: 1.69mg (11.27%), Copper: 0.21mg (10.71%), Vitamin A: 534.4IU (10.69%), Vitamin K: 10.77µg (10.26%), Fiber: 2.52g (10.07%), Iron: 1.79mg (9.92%), Folate: 33.68µg (8.42%), Vitamin B5: 0.83mg (8.29%), Vitamin B12: 0.39µg (6.5%), Vitamin E: 0.43mg (2.88%)