

Cheesy Baked Potatoes

 **Gluten Free**

READY IN



95 min.

SERVINGS



2

CALORIES



640 kcal

SIDE DISH

Ingredients

- 2 bacon crumbled cooked
- 1 eggs beaten
- 2 tablespoons spring onion sliced
- 2 tablespoons mayonnaise
- 2 tablespoons milk
- 1 Dash pepper
- 2 large baking potatoes
- 0.3 teaspoon salt

0.8 cup cheddar cheese shredded divided

Equipment

bowl

oven

baking pan

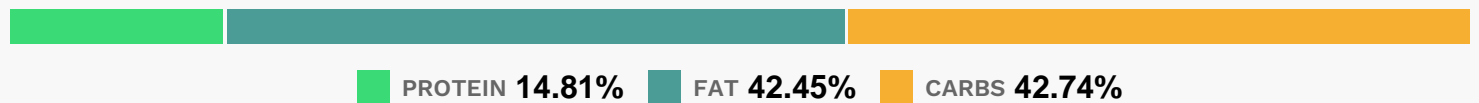
Directions

Bake potatoes at 375° for 1 hour or until tender. When cool enough to handle, cut a thin slice off the top of each potato; scoop out pulp, leaving a thin shell. In a bowl, mash the pulp, egg, milk, mayonnaise, 1/2 cup of cheese, salt and pepper. Spoon into potato shells. Top with onion, bacon and remaining cheese.

Place in a small ungreased baking pan.

Bake, uncovered, at 375° for 25–30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:131.88, Glycemic Load:53.13, Inflammation Score:-7, Nutrition Score:26.224782736405%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 639.55kcal (31.98%), Fat: 30.57g (47.03%), Saturated Fat: 11.8g (73.75%), Carbohydrates: 69.26g (23.09%), Net Carbohydrates: 64.29g (23.38%), Sugar: 3.45g (3.83%), Cholesterol: 139.82mg (46.6%), Sodium: 847.48mg (36.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (47.99%), Vitamin B6: 1.4mg (69.83%), Phosphorus: 492.02mg (49.2%), Potassium: 1684.22mg (48.12%), Vitamin K: 43.09µg (41.04%), Calcium: 385.05mg (38.51%), Selenium: 24.92µg (35.61%), Manganese: 0.61mg (30.49%), Vitamin C: 22.16mg (26.86%), Vitamin B2: 0.46mg (26.82%), Magnesium: 104.66mg (26.17%), Vitamin B1: 0.38mg (25.44%), Vitamin B3: 4.75mg (23.73%), Zinc: 3.26mg (21.74%), Copper: 0.43mg (21.35%), Iron: 3.83mg (21.27%), Fiber: 4.97g (19.86%), Folate: 75.45µg (18.86%), Vitamin B5: 1.8mg (17.98%), Vitamin B12: 0.83µg (13.83%), Vitamin A: 643.54IU (12.87%), Vitamin E: 1.12mg (7.46%), Vitamin D: 0.92µg (6.13%)