Cheesy Potato Cups

Gluten Free

READY IN	SERVINGS	CALORIES
105 min.	12	274 kcal

SIDE DISH

Ingredients

- [ ] 4.8 lb baking potatoes
- [ ] 12 broccoli florets fresh
- [ ] 0.3 cup butter
- [ ] 8 oz cheddar cheese cut into 1-inch cubes kraft
- [ ] 3 Tbsp milk
- [ ] 2 Tbsp oscar mayer real bacon bits

Equipment

- [ ] bowl

- [ ] oven
- [ ] blender
- [ ] muffin tray

Directions

- [ ] Heat oven to 350F.
- [ ] Pierce potatoes with fork.
- [ ] Bake 1 hour. Cool 5 min.
- [ ] Cut potatoes crosswise in half; scoop out centers, leaving 1/8-inch-thick shells.
- [ ] Place potato flesh in large bowl.
- [ ] Add butter and milk; beat with mixer until well blended and fluffy. Spoon into potato shells; lightly press 1 cheese cube into filling in center of each shell.
- [ ] Place in muffin pan cups.
- [ ] Bake 30 min. or until heated through. Top with bacon and broccoli.

Nutrition Facts

PROTEIN **13.15%** FAT **38.62%** CARBS **48.23%**

Properties

Glycemic Index:15.15, Glycemic Load:25.85, Inflammation Score:-5, Nutrition Score:11.721304427023%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 274.44kcal (13.72%), Fat: 12.06g (18.55%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 31.25g (11.36%), Sugar: 1.54g (1.71%), Cholesterol: 21.02mg (7.01%), Sodium: 232.1mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.47%), Vitamin B6: 0.65mg (32.73%), Vitamin C: 20.06mg (24.31%), Potassium: 806.3mg (23.04%), Phosphorus: 197.81mg (19.78%), Calcium: 168.64mg (16.86%), Manganese: 0.31mg (15.35%), Vitamin K: 14.92µg (14.21%), Magnesium: 49.35mg (12.34%), Vitamin B1: 0.16mg (10.88%), Fiber: 2.62g (10.48%), Vitamin A: 491.33IU (9.83%), Copper: 0.2mg (9.83%), Vitamin B3: 1.94mg (9.72%), Vitamin B2: 0.16mg (9.59%), Iron: 1.65mg (9.19%), Selenium: 6.41µg (9.16%), Folate: 36.1µg (9.02%), Zinc: 1.27mg

(8.5%), Vitamin B5: 0.7mg (7.01%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.44mg (2.95%), Vitamin D: 0.15µg (1.03%)