



Cheesy Twice-Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

Ingredients

- 0.5 cup milk low-fat
- 4 large baking potatoes scrubbed well
- 4 servings salt and pepper
- 2 spring onion chopped
- 1 cup cheddar cheese shredded
- 6 slices at least of turkey bacon
- 2 tablespoons butter unsalted

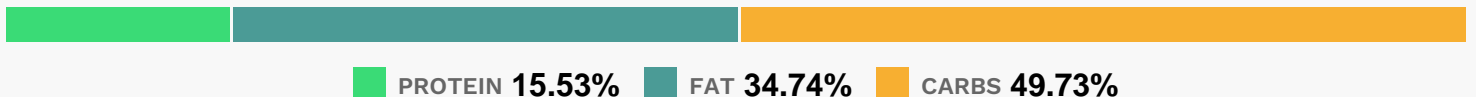
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil
- broiler
- microwave

Directions

- Line a baking sheet with foil. Preheat broiler, placing oven rack directly beneath heat source. Pierce potatoes with a fork all over and cook on high in microwave until tender, about 20 minutes, turning once. While potatoes are cooking, saut bacon in a small, heavy-bottom skillet over medium-high heat until crisp and brown, about 4 minutes per side.
- Transfer bacon to paper towels to drain. When cool enough to handle, crumble bacon and set aside.
- Put butter and milk in a microwave-safe bowl and microwave for 2 minutes. With hands covered to protect from heat, cut potatoes in half lengthwise and scoop out flesh with a spoon.
- Place potato flesh in a medium bowl and break up with a fork; set aside potato skins.
- Add milk mixture, salt, pepper, 3/4 cup cheese and scallions to bowl with potato flesh and mix well. Stir in bacon. Divide potato mixture among potato skins.
- Place potatoes on prepared baking sheet and sprinkle with remaining 1/4 cup cheese. Broil potatoes until tops are crisp and bubbling and mixture is heated through, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:52.72, Inflammation Score:-7, Nutrition Score:22.880000010781%

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: 551.78kcal (27.59%), Fat: 21.73g (33.43%), Saturated Fat: 11.03g (68.92%), Carbohydrates: 69.99g (23.33%), Net Carbohydrates: 65.04g (23.65%), Sugar: 3.99g (4.43%), Cholesterol: 65.36mg (21.79%), Sodium: 890.08mg (38.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.86g (43.72%), Vitamin B6: 1.38mg (69.07%), Potassium: 1708.62mg (48.82%), Phosphorus: 463.22mg (46.32%), Manganese: 0.59mg (29.67%), Calcium: 292.88mg (29.29%), Vitamin C: 22.16mg (26.86%), Magnesium: 103.47mg (25.87%), Vitamin B3: 4.64mg (23.21%), Vitamin B1: 0.34mg (22.92%), Selenium: 15.61µg (22.31%), Copper: 0.43mg (21.37%), Iron: 3.75mg (20.85%), Vitamin K: 21.75µg (20.71%), Vitamin B2: 0.35mg (20.31%), Fiber: 4.95g (19.81%), Zinc: 2.9mg (19.33%), Folate: 64.12µg (16.03%), Vitamin B5: 1.35mg (13.46%), Vitamin A: 579.33IU (11.59%), Vitamin B12: 0.57µg (9.45%), Vitamin D: 0.68µg (4.55%), Vitamin E: 0.67mg (4.44%)