



Creamy Twice-Baked Potatoes

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



2

CALORIES



446 kcal

SIDE DISH

Ingredients

- 2 baking potatoes
- 2 tablespoons butter softened
- 3 ounce cream cheese cubed
- 1 tablespoon milk
- 1 pinch paprika to taste
- 0.3 teaspoon salt
- 2 tablespoons cream sour

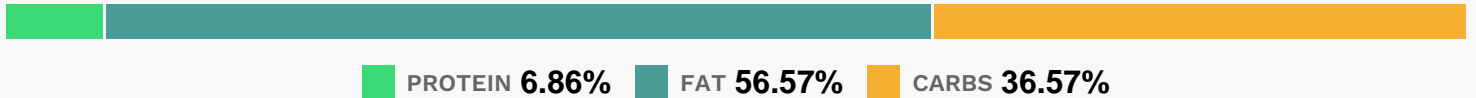
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 450 degrees F (230 degrees C). Scrub and dry potatoes, then prick several times with a fork and place on a baking sheet.
- Bake in preheated oven until potatoes are easily pierced with a fork, 50 minutes to 1 hour.
- Remove from oven and cool slightly.
- Reduce oven to 350 degrees F (175 degrees C).
- Cut a thin slice off the top of each potato; scoop out pulp and place in a small bowl. Beat potato flesh, butter, milk, and salt with an electric mixer in a large bowl until smooth and fluffy. Fold cream cheese and sour cream into potatoes; spoon mixture into potato shells.
- Sprinkle with paprika and place on a baking sheet.
- Bake in preheated oven until heated through and tops are golden brown, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:107.38, Glycemic Load:31.05, Inflammation Score:-7, Nutrition Score:12.011739215125%

Nutrients (% of daily need)

Calories: 445.89kcal (22.29%), Fat: 28.73g (44.2%), Saturated Fat: 17.19g (107.46%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 38.99g (14.18%), Sugar: 3.7g (4.11%), Cholesterol: 81.03mg (27.01%), Sodium: 531.49mg (23.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Vitamin B6: 0.77mg (38.48%), Potassium: 975.15mg (27.86%), Vitamin A: 1034.63IU (20.69%), Phosphorus: 182.86mg (18.29%), Manganese: 0.34mg (17.11%), Vitamin C: 12.25mg (14.85%), Magnesium: 55.29mg (13.82%), Vitamin B1: 0.19mg (12.79%), Vitamin B2: 0.2mg (12%), Copper: 0.23mg (11.49%), Vitamin B3: 2.27mg (11.37%), Fiber: 2.79g (11.15%), Iron: 1.9mg (10.57%), Vitamin B5: 0.97mg (9.68%), Calcium: 93.94mg (9.39%), Folate: 34.81µg (8.7%), Selenium: 5.24µg (7.48%), Zinc: 0.92mg (6.11%), Vitamin K: 5.95µg (5.67%), Vitamin E: 0.78mg (5.17%), Vitamin B12: 0.18µg (3.05%)