



Double Stuffed Potatoes with The Works

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

Ingredients

- 4 servings coarse salt black
- 2 large baking potatoes with a fork several times each cleaned
- 2 spring onion chopped
- 1 cup cheddar cheese shredded
- 0.3 cup cream sour
- 2 slices bacon chopped
- 4 servings vegetable oil

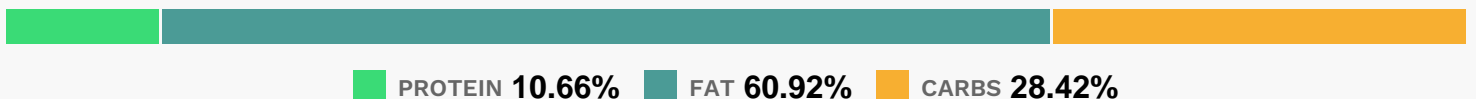
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- potato masher
- broiler
- microwave

Directions

- Preheat a small nonstick pan over medium high heat. Rub potatoes with a drizzle of oil.
- Place potatoes on a microwave safe plate and microwave on high for 12 minutes, rotating once. While potatoes cook, add chopped bacon to hot skillet and brown until bits are crisp.
- Add scallions and cook scallions together with bacon 1 minute more.
- Transfer bacon bits and green onions to a paper towel lined plate to drain. Allow potatoes to cool enough to be handled, 5 minutes. Preheat broiler to high.
- Cut potatoes in half and scoop out the flesh into a small bowl. Smash potato flesh together with sour cream until combined using a potato masher. Stir in cheddar cheese, bacon and scallions and season with salt and pepper, to your taste. Scoop filling back into potato skins and place on a cookie sheet.
- Place potatoes in oven and brown under broiler, 6 inches from heat 5 minutes.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:26.5, Inflammation Score:-5, Nutrition Score:14.933913039125%

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: 490.22kcal (24.51%), Fat: 33.7g (51.84%), Saturated Fat: 11.45g (71.59%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 32.81g (11.93%), Sugar: 1.87g (2.07%), Cholesterol: 48.61mg (16.2%), Sodium: 512.35mg (22.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.53%), Vitamin K: 42.38µg (40.36%), Vitamin B6: 0.71mg (35.67%), Phosphorus: 269.92mg (26.99%), Potassium: 861.33mg (24.61%), Calcium: 243.57mg (24.36%), Selenium: 12.92µg (18.46%), Manganese: 0.31mg (15.31%), Vitamin B1: 0.22mg (14.36%), Vitamin C: 11.77mg (14.27%), Magnesium: 54.87mg (13.72%), Vitamin B3: 2.69mg (13.47%), Vitamin B2: 0.23mg (13.47%), Zinc: 1.86mg (12.37%), Copper: 0.21mg (10.73%), Vitamin E: 1.54mg (10.27%), Fiber: 2.55g (10.22%), Iron: 1.81mg (10.05%), Folate: 36.47µg (9.12%), Vitamin A: 440.95IU (8.82%), Vitamin B5: 0.82mg (8.25%), Vitamin B12: 0.42µg (6.99%), Vitamin D: 0.24µg (1.61%)