



Garlic Twice-Baked Potatoes

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients

- 6 medium baking potatoes
- 2 tablespoons butter softened
- 0.5 cup buttermilk
- 0.5 cup skim milk fat-free
- 1.5 teaspoons rosemary leaves dried fresh minced crushed
- 1 garlic clove whole
- 1 teaspoon olive oil
- 6 servings paprika

- 0.1 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Bake the potatoes at 400° for 45–55 minutes or until tender. Meanwhile remove papery outer skin from garlic (do not peel or separate cloves).
- Place garlic in a double thickness of heavy-duty foil. Frizzle with oil. Wrap foil around garlic.
- Bake at 400° for 30–35 minutes or until softened. Cool for 10 minutes.
- Cut top off garlic head, leaving root end intact. Squeeze softened garlic into a small bowl; set aside.
- Cut a thin slice off the top of each potato and discard. Scoop out the pulp, leaving a thin shell. In a large bowl, mash the pulp with butter. Stir in the milk, buttermilk, rosemary, salt, pepper and roasted garlic.
- Pipe or spoon into potato shells.
- Place on an ungreased baking sheet.
- Bake at 425° for 20–25 minutes or until heated through.
- Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:31.02, Inflammation Score:-7, Nutrition Score:12.322608833728%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 233.49kcal (11.67%), Fat: 5.56g (8.56%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 38.25g (13.91%), Sugar: 3.54g (3.94%), Cholesterol: 12.85mg (4.28%), Sodium: 265.29mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin B6: 0.8mg (40.16%), Potassium: 998.8mg (28.54%), Vitamin A: 1179.48IU (23.59%), Manganese: 0.38mg (19.1%), Phosphorus: 164.24mg (16.42%), Vitamin C: 12.32mg (14.93%), Magnesium: 57.32mg (14.33%), Fiber: 3.49g (13.97%), Vitamin B1: 0.2mg (13.56%), Iron: 2.28mg (12.67%), Vitamin B3: 2.45mg (12.27%), Copper: 0.24mg (12.07%), Vitamin B2: 0.16mg (9.31%), Vitamin B5: 0.85mg (8.49%), Calcium: 84.64mg (8.46%), Folate: 32.4µg (8.1%), Vitamin K: 6.3µg (6%), Zinc: 0.88mg (5.89%), Vitamin E: 0.82mg (5.48%), Vitamin B12: 0.22µg (3.64%), Vitamin D: 0.48µg (3.23%), Selenium: 2.25µg (3.21%)