



Gorgonzola Twice-Baked Potatoes with Bacon

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- 32 oz baking potatoes
- 4 slices bacon
- 0.7 cup milk
- 2 tablespoons butter
- 0.5 cup roquefort cheese crumbled
- 0.3 cup spring onion sliced
- 0.5 teaspoon salt

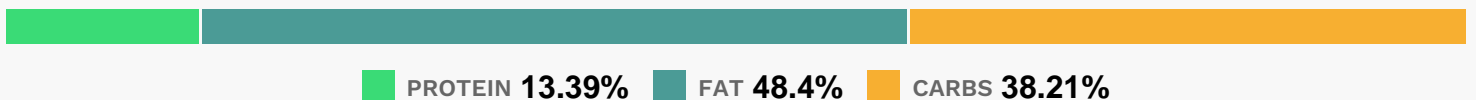
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- hand mixer
- potato masher

Directions

- Heat oven to 375°F. Gently scrub potatoes, but do not peel. Pierce potatoes several times with fork.
- Place on oven rack.
- Bake 1 hour to 1 hour 15 minutes or until tender when pierced in center with fork.
- Let stand until cool enough to handle.
- Meanwhile, in 12-inch skillet, cook bacon over medium heat 5 to 6 minutes, turning occasionally, until crisp; drain on paper towel.
- Cut each potato lengthwise in half; scoop out inside, leaving a thin shell. In medium bowl, mash potatoes, milk and butter with potato masher or electric mixer on low speed until no lumps remain (amount of milk needed will vary depending upon type of potato used). Stir in cheese, green onions and salt. Fill potato shells with mashed potato mixture.
- Place on ungreased cookie sheet. Crumble bacon onto potatoes.
- Bake about 20 minutes or until hot.
- Garnish with additional sliced green onion tops if desired.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:16.6, Inflammation Score:-4, Nutrition Score:8.3382608164912%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 228.38kcal (11.42%), Fat: 12.46g (19.17%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 20.58g (7.48%), Sugar: 1.75g (1.95%), Cholesterol: 23.01mg (7.67%), Sodium: 532.56mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.51%), Vitamin B6: 0.45mg (22.67%), Phosphorus: 158.67mg (15.87%), Potassium: 548.73mg (15.68%), Calcium: 141.58mg (14.16%), Vitamin B2: 0.16mg (9.7%), Vitamin B1: 0.14mg (9.51%), Manganese: 0.19mg (9.49%), Vitamin B3: 1.76mg (8.82%), Magnesium: 35.01mg (8.75%), Vitamin C: 7.06mg (8.56%), Vitamin K: 8.57µg (8.16%), Selenium: 5.21µg (7.45%), Vitamin B5: 0.74mg (7.39%), Vitamin A: 349.31IU (6.99%), Copper: 0.13mg (6.47%), Iron: 1.15mg (6.39%), Folate: 25.16µg (6.29%), Fiber: 1.56g (6.22%), Zinc: 0.86mg (5.75%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.27µg (1.78%), Vitamin E: 0.19mg (1.3%)