



Grilled 'Baked' Potatoes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

Ingredients

- 2 lb baking potatoes
- 0.5 cup knudsen cream sour
- 2 green onions sliced
- 1 Tbsp oil
- 0.3 cup oscar mayer real bacon bits
- 0.5 cup cheddar cheese shredded kraft

Equipment

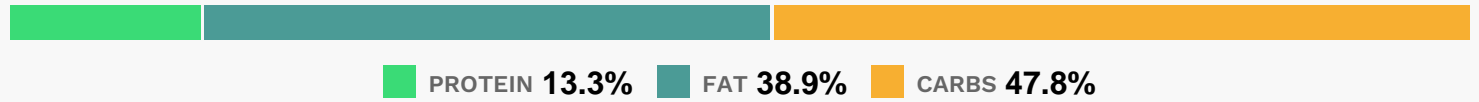
- knife

- grill
- microwave

Directions

- Heat greased grill to medium-high heat.
- Pierce potatoes with fork or small sharp knife; rub with oil.
- Microwave potatoes on microwaveable plate on HIGH 8 min. or until tender, turning after 4 min.
- Transfer from plate to grate of grill.
- Grill 12 to 15 min. or until potatoes are crisp and lightly browned, turning occasionally. Split potatoes.
- Serve topped with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:32.42, Inflammation Score:-5, Nutrition Score:13.163478377073%

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: 351.8kcal (17.59%), Fat: 15.58g (23.98%), Saturated Fat: 6.94g (43.4%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 39.99g (14.54%), Sugar: 2.57g (2.86%), Cholesterol: 41.18mg (13.73%), Sodium: 325.46mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.97%), Vitamin B6: 0.81mg (40.38%), Potassium: 1009.11mg (28.83%), Phosphorus: 213.5mg (21.35%), Vitamin K: 19.77µg (18.83%), Manganese: 0.37mg (18.51%), Vitamin C: 14.31mg (17.35%), Calcium: 162.7mg (16.27%), Magnesium: 60.05mg (15.01%), Vitamin B1: 0.2mg (13.27%), Copper: 0.25mg (12.42%), Fiber: 3.1g (12.42%), Vitamin B3: 2.41mg (12.06%), Iron: 2.08mg (11.57%), Vitamin B2: 0.19mg (11.19%), Folate: 40.28µg (10.07%), Zinc: 1.29mg (8.63%), Selenium: 6µg (8.58%), Vitamin B5: 0.84mg (8.42%), Vitamin A: 382.73IU (7.65%), Vitamin E: 0.88mg (5.89%), Vitamin B12: 0.21µg (3.5%)