



Jalapeño Popper Twice-Baked Potatoes

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 2 baking potatoes
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup milk low-fat (1%)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 slices bacon crumbled cooked
- ☐ 1 jalapeno seeded finely chopped
- ☐ 4 oz cheddar cheese shredded

☐ 1 jalapeno cut in thin rings

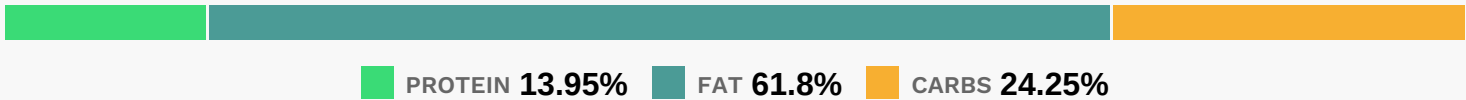
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Heat oven to 400°F. Gently scrub potatoes but do not peel. Pierce potatoes several times with fork to allow steam to escape while potatoes bake.
- ☐ Bake 1 hour or until tender when pierced with fork. Cool slightly.
- ☐ When potatoes are cool enough to handle, cut each in half lengthwise. Scoop out inside of each half into medium bowl, leaving thin potato shell on each. Set shells aside. Mash potatoes with potato masher or electric mixer on low speed until no lumps remain.
- ☐ Add cream cheese, butter, 2 tablespoons of the milk, the salt and pepper; stir or beat until smooth and fluffy. If needed, add more milk. Stir in bacon, chopped chile and 1/2 cup of the cheese.
- ☐ Fill potato shells with mashed potato mixture; place on ungreased sheet.
- ☐ Sprinkle remaining 1/2 cup cheese and arrange a few chile rings on top of each half.
- ☐ Bake 20 minutes or until cheese is melted and potatoes are hot.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:15.43, Inflammation Score:-6, Nutrition Score:11.031304411266%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 347.65kcal (17.38%), Fat: 24.21g (37.24%), Saturated Fat: 13.82g (86.34%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 19.77g (7.19%), Sugar: 1.78g (1.98%), Cholesterol: 67.51mg (22.5%), Sodium: 713.03mg (31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Phosphorus: 240.07mg (24.01%), Calcium: 238.72mg (23.87%), Vitamin B6: 0.47mg (23.44%), Selenium: 12.99µg (18.56%), Vitamin C: 14.37mg (17.42%), Potassium: 551.79mg (15.77%), Vitamin A: 747.69IU (14.95%), Vitamin B2: 0.21mg (12.31%), Zinc: 1.68mg (11.22%), Vitamin B3: 2.07mg (10.35%), Vitamin B1: 0.15mg (10.16%), Manganese: 0.2mg (9.79%), Magnesium: 37.95mg (9.49%), Vitamin B12: 0.5µg (8.36%), Copper: 0.13mg (6.64%), Fiber: 1.61g (6.45%), Vitamin B5: 0.62mg (6.2%), Iron: 1.07mg (5.96%), Folate: 23.5µg (5.87%), Vitamin E: 0.84mg (5.61%), Vitamin K: 5.1µg (4.86%), Vitamin D: 0.36µg (2.43%)