



Joy Herr's Twice-Baked Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



275 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 12 ounce evaporated milk canned
- 12 medium size idaho potatoes
- 12 servings pepper freshly ground to taste
- 1 teaspoon salt to taste

Equipment

- bowl
- oven

potato masher

Directions

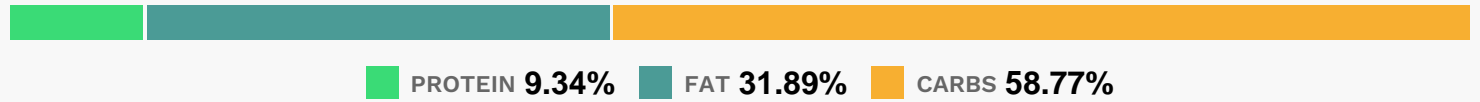
Preheat oven to 37

Pierce potatoes several times with a fork, and bake about 1 hour or until tender.

Cut a "lid" lengthwise off top of each potato, and scoop out flesh, making sure to leave skins whole. Pass flesh through a food mill or mash with a potato masher, and place in a large bowl. Stir in milk, butter, and salt.

Divide mixture evenly among potato skins, sprinkle with pepper, and bake at 375 for about 30 minutes or until lightly browned. Skins can be stuffed and refrigerated up to 1 day ahead of serving; increase second baking time to 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:30.29, Inflammation Score:-4, Nutrition Score:10.659999953664%

Nutrients (% of daily need)

Calories: 274.61kcal (13.73%), Fat: 9.99g (15.37%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 38.61g (14.04%), Sugar: 4.17g (4.64%), Cholesterol: 28.56mg (9.52%), Sodium: 295.33mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin B6: 0.75mg (37.48%), Potassium: 977.75mg (27.94%), Phosphorus: 177.13mg (17.71%), Manganese: 0.35mg (17.47%), Vitamin C: 12.68mg (15.37%), Magnesium: 56.16mg (14.04%), Vitamin B1: 0.19mg (12.57%), Vitamin B3: 2.26mg (11.32%), Copper: 0.23mg (11.27%), Fiber: 2.79g (11.18%), Iron: 1.9mg (10.55%), Calcium: 104.52mg (10.45%), Vitamin B2: 0.16mg (9.6%), Vitamin B5: 0.83mg (8.34%), Folate: 32.39µg (8.1%), Vitamin A: 306.8IU (6.14%), Zinc: 0.85mg (5.64%), Vitamin K: 4.83µg (4.6%), Selenium: 1.6µg (2.29%), Vitamin E: 0.29mg (1.91%), Vitamin B12: 0.06µg (1.02%)