



## Loaded Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

### Ingredients

- 48 ounces baking potatoes
- 0.3 teaspoon pepper black
- 2 bacon crumbled cooked
- 2 ounces feta cheese crumbled
- 0.3 cup spring onion thinly sliced
- 0.5 cup milk 1% low-fat
- 2 tablespoons oregano dried fresh minced
- 0.5 teaspoon salt

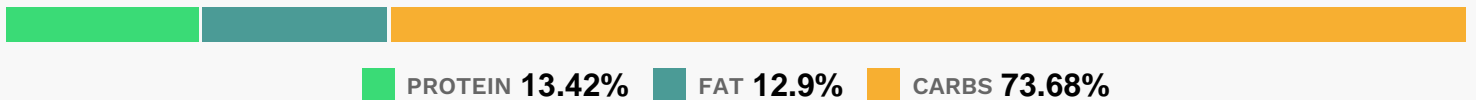
## Equipment

- bowl
- baking sheet
- oven
- whisk
- potato masher

## Directions

- Preheat oven to 40
- Pierce potatoes with a fork; bake at 400 for 1 hour or until tender. Cool slightly.
- Cut each potato in half lengthwise; scoop out pulp into a large bowl, leaving a 1/4-inch-thick shell. Mash pulp with a potato masher.
- Add milk and cream cheese to mashed potato; stir with a whisk.
- Add feta cheese, oregano, salt, and pepper; stir well. Spoon potato mixture into shells.
- Place on a baking sheet; bake at 400 for 15 minutes or until thoroughly heated.
- Sprinkle each serving with 1 1/2 teaspoons green onions; top with bacon.

## Nutrition Facts



## Properties

Glycemic Index:22.59, Glycemic Load:24.32, Inflammation Score:-8, Nutrition Score:10.20173922829%

## 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: 173.33kcal (8.67%), Fat: 2.56g (3.94%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 30.1g (10.95%), Sugar: 1.91g (2.12%), Cholesterol: 9.03mg (3.01%), Sodium: 274.82mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin B6: 0.65mg (32.58%), Potassium: 772.37mg

(22.07%), Manganese: 0.35mg (17.28%), Vitamin K: 17.55µg (16.71%), Phosphorus: 143.5mg (14.35%), Vitamin C: 10.31mg (12.5%), Magnesium: 46.97mg (11.74%), Vitamin B1: 0.17mg (11.6%), Fiber: 2.84g (11.36%), Iron: 2.04mg (11.34%), Vitamin B3: 2.13mg (10.66%), Calcium: 98.44mg (9.84%), Copper: 0.19mg (9.56%), Vitamin B2: 0.15mg (8.85%), Folate: 31.35µg (7.84%), Vitamin B5: 0.67mg (6.71%), Zinc: 0.87mg (5.79%), Selenium: 3.15µg (4.49%), Vitamin B12: 0.23µg (3.86%), Vitamin A: 114.02IU (2.28%), Vitamin E: 0.29mg (1.91%), Vitamin D: 0.2µg (1.32%)