



## Loaded Twice-Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

### Ingredients

- 24 ounces baking potatoes
- 0.3 teaspoon pepper black freshly ground
- 2 bacon crumbled cooked
- 0.3 cup skim milk fat-free
- 1 tablespoon chives fresh chopped
- 0.3 cup greek yogurt plain fat-free
- 0.1 teaspoon kosher salt
- 0.3 teaspoon kosher salt

0.5 cup sharp cheddar cheese shredded divided reduced-fat

## Equipment

- bowl
- paper towels
- potato masher
- microwave
- slow cooker

## Directions

- Scrub potatoes; rinse and pat dry with paper towels. Coat potatoes with cooking spray; pierce potatoes with a fork. Rub 1/8 teaspoon kosher salt evenly over potatoes; place in an oval 6-quart electric slow cooker. Cover and cook on LOW for 8 hours or until potatoes are tender. Cool slightly.
- Cut each potato in half lengthwise; scoop out pulp into a medium microwave-safe bowl, leaving a 1/8-inch-thick shell. Mash pulp with a potato masher. Stir in milk, yogurt, 1/4 cup cheese, 1/4 teaspoon kosher salt, and pepper. Microwave at HIGH 1 minute or until thoroughly heated.
- Spoon potato mixture evenly into shells; sprinkle evenly with remaining 1/4 cup cheese. Arrange potato halves in bottom of slow cooker. Cover and cook on HIGH for 25 minutes or until thoroughly heated and cheese melts.
- Sprinkle each potato half with about 1/2 teaspoon chives and about 1 teaspoon bacon.

## Nutrition Facts

 PROTEIN **17.78%**  FAT **25.29%**  CARBS **56.93%**

## Properties

Glycemic Index:27.75, Glycemic Load:12.27, Inflammation Score:-2, Nutrition Score:5.2926086485386%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 112.05kcal (5.6%), Fat: 3.21g (4.93%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.1g (5.49%), Sugar: 1.15g (1.28%), Cholesterol: 9.58mg (3.19%), Sodium: 198.46mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin B6: 0.32mg (15.91%), Potassium: 393.63mg (11.25%), Phosphorus: 103.89mg (10.39%), Calcium: 78.94mg (7.89%), Manganese: 0.15mg (7.26%), Vitamin C: 5.07mg (6.14%), Magnesium: 23.96mg (5.99%), Vitamin B1: 0.09mg (5.93%), Selenium: 4.13µg (5.9%), Vitamin B3: 1.12mg (5.6%), Vitamin B2: 0.09mg (5.41%), Copper: 0.09mg (4.74%), Fiber: 1.13g (4.52%), Iron: 0.78mg (4.33%), Zinc: 0.64mg (4.25%), Folate: 14.38µg (3.6%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.18µg (3.08%), Vitamin K: 2.6µg (2.48%), Vitamin A: 104.89IU (2.1%)