



Mini Twice-Baked Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



30

CALORIES



81 kcal

SIDE DISH

Ingredients

- 1 tablespoon chives fresh chopped
- 1 cup gruyere cheese grated
- 30 new potatoes dried red such as and yukon gold, scrubbed and
- 2 tablespoons olive oil
- 30 servings salt and pepper
- 0.8 cup cup heavy whipping cream sour

Equipment

- baking sheet

oven

knife

Directions

Preheat oven to 400F.

Place potatoes on a baking sheet.

Drizzle with oil and sprinkle with salt and pepper. Toss to coat.

Spread potatoes in a single layer; prick each one several times with a paring knife. Roast until fork-tender, about 45 minutes.

Let stand until just cool enough to handle.

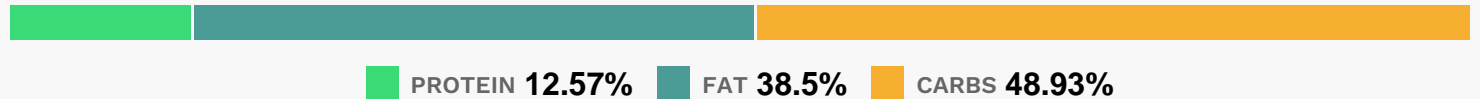
Use a paring knife to split potatoes; don't cut all the way through. Push sides in so potatoes open up.

Sprinkle each with Gruyere.

Place back in oven and bake until cheese melts, about 5 minutes.

Let cool until warm, then top with sour cream and chives. Season with salt and pepper; serve.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:7.16, Inflammation Score:-2, Nutrition Score:3.6191304688868%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 80.96kcal (4.05%), Fat: 3.52g (5.42%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.84g (3.21%), Sugar: 0.65g (0.72%), Cholesterol: 8.23mg (2.74%), Sodium: 230.37mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin C: 11.14mg (13.51%), Vitamin B6: 0.17mg (8.56%), Potassium: 246.86mg (7.05%), Phosphorus: 62.97mg (6.3%), Calcium: 57.19mg (5.72%), Fiber: 1.23g (4.94%), Manganese: 0.09mg (4.4%), Magnesium: 15.09mg (3.77%), Vitamin B1: 0.05mg (3.24%), Copper: 0.06mg (3.16%), Vitamin B3: 0.6mg (3%), Iron: 0.46mg (2.54%), Folate: 9.85µg (2.46%), Zinc: 0.35mg (2.36%), Vitamin B2:

0.04mg (2.35%), Vitamin B5: 0.21mg (2.1%), Vitamin K: 2.04µg (1.95%), Vitamin A: 83.01IU (1.66%), Selenium: 1.02µg (1.46%), Vitamin B12: 0.08µg (1.37%), Vitamin E: 0.17mg (1.16%)