



My Mom's Twice Baked Potato Boats (Fancy Version)

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

Ingredients

- 4 large baking potatoes
- 2 tablespoon chives minced
- 2 large egg yolks
- 8 servings ground nutmeg to taste
- 1 cup gruyere chese grated
- 8 servings salt and pepper white to taste
- 8 ounce cup heavy whipping cream sour plus more if needed

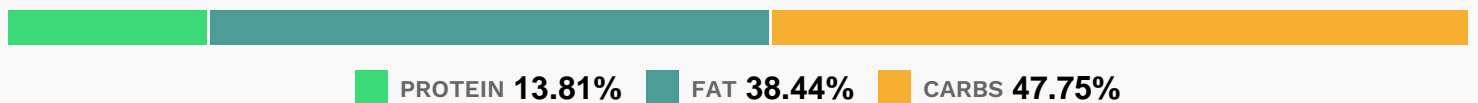
Equipment

- bowl
- oven
- hand mixer
- pastry bag

Directions

- Wash and Dry the Potatoes, then prick with a fork in a couple of places.
- Place them on the center rack of a 375 degree F oven.
- Bake for 30–40 mins, until done.
- Cut each potato in half and scoop out pulp into a bowl, taking care not to break the skins. You'll have 8 "boats". Mash the potatoes and beat with an electric mixer until smooth. Beat in the remaining ingredients.
- Add in the additional 2 oz of sour cream if necessary to make them fluffy.
- Add salt and white pepper to taste. Using a spoon, fill the potatoes to level. Fill a pastry bag fitted with a large tip with the remaining potato mixture. Swirl the remaining potato mix onto each "boat" in a decorative manner. To serve: Preheat oven to 375 degrees F. bake the boats about 25 minutes until heated through and golden brown on top.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:26.63, Inflammation Score:-5, Nutrition Score:12.085652087046%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 294.44kcal (14.72%), Fat: 12.83g (19.75%), Saturated Fat: 6.96g (43.47%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 33.05g (12.02%), Sugar: 2.78g (3.09%), Cholesterol: 80.78mg (26.93%), Sodium: 332mg (14.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.75%), Vitamin B6: 0.68mg (34.03%), Phosphorus: 244.12mg (24.41%), Potassium: 832.06mg (23.77%), Calcium: 229.24mg (22.92%), Manganese: 0.36mg (17.96%), Magnesium: 55.4mg (13.85%), Vitamin C: 11.27mg (13.66%), Vitamin B1: 0.18mg (12.12%), Fiber: 2.83g (11.33%), Copper: 0.23mg (11.28%), Vitamin B2: 0.18mg (10.53%), Iron: 1.83mg (10.14%), Vitamin B3: 1.99mg (9.93%), Zinc: 1.42mg (9.45%), Selenium: 6.6µg (9.43%), Folate: 37.69µg (9.42%), Vitamin B5: 0.87mg (8.73%), Vitamin A: 430.86IU (8.62%), Vitamin B12: 0.41µg (6.77%), Vitamin K: 5.82µg (5.54%), Vitamin D: 0.33µg (2.19%), Vitamin E: 0.28mg (1.89%)