



Roasted Garlic Twice-Baked Potatoes

 Gluten Free

READY IN



105 min.

SERVINGS



45

CALORIES



42 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2.5 lb baking potatoes
- 1 cup knudsen cream sour
- 1 head garlic
- 1 tsp oil
- 0.3 cup parmesan cheese grated kraft
- 8 oz velveeta divided cut into 1/2-inch cubes,
- 8 oz velveeta divided cut into 1/2-inch cubes,

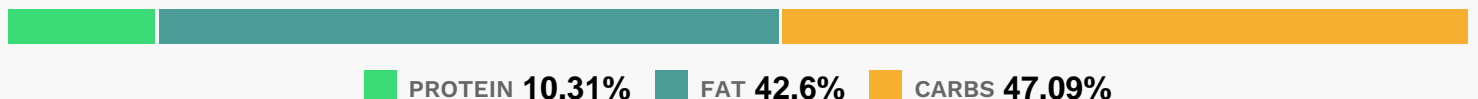
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 400F.
- Cut thin slice off top of garlic; discard top.
- Place garlic on sheet of Reynolds Wrap Aluminum Foil; drizzle with oil. Wrap loosely with foil. Prick potatoes in several places with fork.
- Bake potatoes and garlic 1 hour.
- Reduce oven temperature to 350F.
- Cut small slice off both ends of each potato.
- Cut potatoes crosswise in half. Scoop out centers, leaving 1/8-inch-thick shells.
- Place potato flesh in medium bowl; mash. Squeeze garlic out of papery shell into bowl with potatoes.
- Add sour cream, 3/4 of the VELVEETA and Parmesan; beat until fluffy. Spoon into shells, mounding filling as necessary; place in shallow baking dish.
- Bake 30 min.; top with remaining VELVEETA.
- Bake 5 min. or until melted.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:1.4995652181299%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 42.33kcal (2.12%), Fat: 2.05g (3.15%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.34g (0.37%), Cholesterol: 4.79mg (1.6%), Sodium: 25.62mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin B6: 0.1mg (5.12%), Potassium: 118.86mg (3.4%), Manganese: 0.05mg (2.56%), Phosphorus: 25.03mg (2.5%), Vitamin C: 1.68mg (2.03%), Vitamin B1: 0.03mg (1.9%), Vitamin B3: 0.35mg (1.75%), Magnesium: 6.89mg (1.72%), Copper: 0.03mg (1.49%), Calcium: 14.57mg (1.46%), Selenium: 0.97µg (1.38%), Fiber: 0.34g (1.36%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.09%)