



## Southwest Twice-Baked New Potatoes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons buttermilk
- ☐ 1 tablespoon canola oil
- ☐ 4.5 ounce chiles diced green drained canned
- ☐ 2 pounds new potatoes
- ☐ 6 servings garnish: paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup cheddar cheese shredded
- ☐ 2 tablespoons cup heavy whipping cream sour

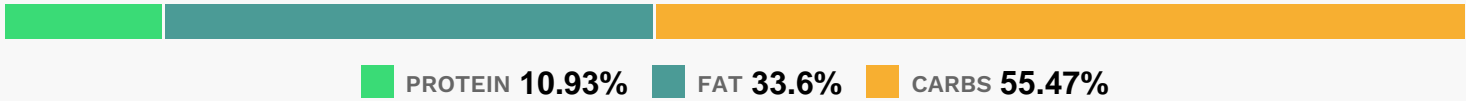
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Cut a thin slice from the bottom of each potato to form a flat base; brush potatoes evenly with oil, and place on a baking sheet.
- ☐ Bake at 350 for 45 minutes or until tender.
- ☐ Remove from oven, and let cool slightly.
- ☐ Cut a thin slice from the top of each potato. Carefully scoop out potato pulp into a bowl, leaving shells intact.
- ☐ Add shredded Cheddar cheese and next 5 ingredients to potato pulp in bowl, and beat at medium speed with an electric mixer until smooth and creamy. Stir in green chiles. Spoon mixture evenly into each potato shell, and place on baking sheet.
- ☐ Bake potatoes at 350 for 20 minutes or just until lightly browned.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:42.63, Glycemic Load:20.43, Inflammation Score:-9, Nutrition Score:17.447391222353%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 227.47kcal (11.37%), Fat: 8.79g (13.53%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 27.36g (9.95%), Sugar: 4.72g (5.25%), Cholesterol: 17.34mg (5.78%), Sodium: 373.36mg (16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Vitamin C: 132.45mg (160.55%), Vitamin A: 2549.16IU (50.98%), Vitamin B6: 0.7mg (34.94%), Potassium: 839.58mg (23.99%), Fiber: 5.29g (21.18%), Folate: 72.51µg (18.13%), Manganese: 0.34mg (16.91%), Phosphorus: 159.13mg (15.91%), Vitamin B3: 2.47mg (12.36%), Magnesium: 48.35mg (12.09%), Vitamin E: 1.75mg (11.64%), Vitamin B1: 0.17mg (11.3%), Calcium: 108.8mg (10.88%), Vitamin B2: 0.18mg (10.35%), Iron: 1.82mg (10.11%), Copper: 0.18mg (9.17%), Vitamin K: 8.92µg (8.5%), Vitamin B5: 0.78mg (7.78%), Zinc: 1.03mg (6.84%), Selenium: 3.62µg (5.17%), Vitamin B12: 0.14µg (2.25%)