



Stuffed Baby Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 3 tablespoons chives fresh snipped
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 16 small potatoes – remove skin red
- ☐ 25 servings salt and pepper

Equipment

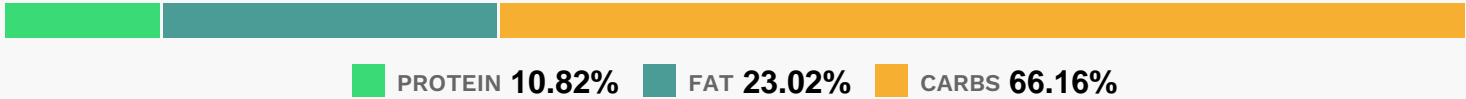
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ knife
- ☐ melon baller

Directions

- ☐ Scrub potatoes well, place in a pan and cover with cold water by at least 1 inch.
- ☐ Add 1 tsp. salt, bring to a boil over medium-high heat and cook until potatoes are tender and a knife can be inserted easily, 15 to 20 minutes.
- ☐ Drain; let cool.
- ☐ Cook bacon in a skillet over medium heat, turning, until crisp, about 12 minutes.
- ☐ Drain on paper towels. When cool, crumble bacon.
- ☐ Cut each potato in half crosswise. Trim a small slice from the bottom of each half so it stands upright. With a melon baller or teaspoon, remove center of each potato, leaving a 1/4-inch border. Put potato flesh in a bowl and mash with sour cream; season with salt and pepper. Fold in crumbled bacon. Fill each potato half with sour cream mixture and sprinkle with chives (you may have some filling left over).
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.0543477982283%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 104.54kcal (5.23%), Fat: 2.74g (4.21%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 15.85g (5.76%), Sugar: 1.42g (1.58%), Cholesterol: 5.09mg (1.7%), Sodium: 252.16mg (10.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Potassium: 516.35mg (14.75%), Vitamin C: 9.61mg (11.65%), Vitamin B6: 0.2mg (10.02%), Manganese: 0.16mg (7.79%), Phosphorus: 77.45mg (7.74%), Copper: 0.15mg

(7.47%), Fiber: 1.86g (7.43%), Vitamin B3: 1.47mg (7.34%), Vitamin B1: 0.1mg (6.99%), Magnesium: 25.19mg (6.3%), Folate: 20.47µg (5.12%), Iron: 0.83mg (4.59%), Vitamin K: 3.94µg (3.76%), Vitamin B5: 0.33mg (3.34%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.04mg (2.58%), Selenium: 1.75µg (2.5%), Calcium: 18.08mg (1.81%)