



Sunny's Twice Baked Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 3 strips bacon crumbled cooked for garnish, optional
- ☐ 4 ounces cream cheese cut into cubes
- ☐ 1 teaspoon mustard dry
- ☐ 4 cloves garlic grated
- ☐ 1 cup heavy cream warmed
- ☐ 5 ounces manchego cheese divided grated
- ☐ 0.5 teaspoon onion powder
- ☐ 32 ounce russet potatoes

- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 scallions finely chopped
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ butter knife

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Prick each potato all over several times with a fork. Rub the oil on the potatoes and sprinkle the skin with salt and pepper.
- ☐ Place the prepared potatoes on a baking sheet and bake until the potatoes are fork tender, about 45 minutes. Allow to cool on the countertop before you handle.
- ☐ Lower the oven to 375 degrees F.
- ☐ Meanwhile, in a large bowl, combine the scallions, garlic, onion powder, dry mustard, 4 ounces cheese, cream cheese and 1 teaspoon salt.
- ☐ Slice a 1/4-inch "lid" off of each potato lengthwise. Using a spoon, scoop out the insides and leave about a 1/8-inch thick rim around the inside of the potato halves to keep them sturdy. To make things easier, slide a butter knife around the edges of the inside before scooping. Scrape the little bit of flesh still attached to the "lid" you sliced off and discard the leftover skin.
- ☐ Place the hollowed potatoes back on the baking sheet. Mash the potato flesh in a small bowl, and then add to the bowl with other ingredients. Mash together and slowly stir in the heavy cream. Taste and season with salt and pepper, if needed. Scoop this mixture back into the empty potato skins, sprinkle with the remaining 1 ounce cheese evenly over the tops and return the potatoes to the oven to bake until the tops are golden brown, 20 to 25 minutes.
- ☐ Remove and sprinkle with bacon bits, if using.

Nutrition Facts



 PROTEIN **11.05%**  FAT **62.96%**  CARBS **25.99%**

Properties

Glycemic Index:25.72, Glycemic Load:16.53, Inflammation Score:-5, Nutrition Score:8.9269565447517%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 350.57kcal (17.53%), Fat: 24.9g (38.3%), Saturated Fat: 14.79g (92.46%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 21.46g (7.8%), Sugar: 2.22g (2.46%), Cholesterol: 69.86mg (23.29%), Sodium: 217.04mg (9.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Calcium: 244.51mg (24.45%), Vitamin B6: 0.45mg (22.41%), Potassium: 553.51mg (15.81%), Vitamin A: 758.06IU (15.16%), Vitamin K: 12.84µg (12.22%), Manganese: 0.23mg (11.55%), Phosphorus: 112.47mg (11.25%), Vitamin C: 7.72mg (9.36%), Vitamin B1: 0.13mg (8.42%), Magnesium: 32.58mg (8.15%), Vitamin B2: 0.14mg (8.11%), Vitamin B3: 1.56mg (7.8%), Selenium: 4.86µg (6.94%), Copper: 0.14mg (6.82%), Fiber: 1.66g (6.63%), Iron: 1.16mg (6.43%), Vitamin B5: 0.55mg (5.47%), Folate: 20.81µg (5.2%), Zinc: 0.61mg (4.09%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.49µg (3.25%), Vitamin B12: 0.11µg (1.86%)