



Super-Stuffed Baked Potatoes

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 cup buttermilk
- ☐ 3 cups cauliflower florets from 1 small head
- ☐ 1 small clove garlic grated
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.1 teaspoon paprika hot plus more for topping
- ☐ 32 ounces russet potatoes

- ☐ 2 scallions thinly sliced
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 1 teaspoon vinegar white

Equipment

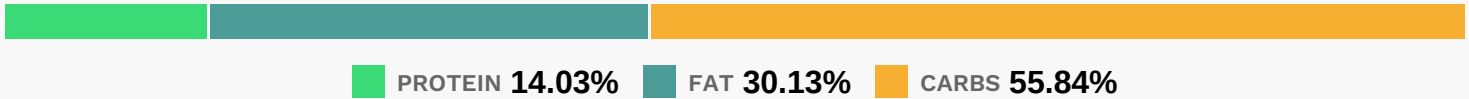
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ Cook the bacon in a skillet over medium heat, turning, until crisp.
- ☐ Transfer to paper towels to drain and reserve 1 tablespoon of the drippings. Chop the bacon.
- ☐ Preheat the oven to 400 degrees F. Rub the potatoes with the olive oil and season with salt and pepper.
- ☐ Place on a baking sheet and bake 30 minutes. Pierce each potato in a few spots with a fork and continue baking until tender, 15 to 20 more minutes.
- ☐ Meanwhile, fit a medium pot with a steamer insert, fill with 2 inches of water and bring to a boil.
- ☐ Add the cauliflower, cover and steam until crisp-tender, about 10 minutes.
- ☐ Transfer the cauliflower to a food processor.
- ☐ Add the buttermilk, garlic, vinegar, paprika, the reserved bacon drippings, 1/2 teaspoon salt, and pepper to taste; pulse until smooth. Set aside 1/4 cup of the cauliflower puree for topping.
- ☐ Slice a thin layer off the top of each potato, then scoop the flesh into a bowl, leaving a 1/4-inch-thick wall.

- ☐
- Mix the potato flesh with the remaining cauliflower puree, three-quarters each of the cheese and scallions, 1/2 teaspoon salt, and pepper to taste. Stuff the potato skins with the potato-cauliflower mixture and sprinkle with the remaining cheese.
- ☐
- Bake until the cheese melts and the filling is warmed through, about 12 minutes. Top with the reserved cauliflower puree, the remaining scallions, the bacon and more paprika.
- ☐
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:33.5, Inflammation Score:-6, Nutrition Score:18.606956481934%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 326.1kcal (16.3%), Fat: 11.24g (17.3%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 42.25g (15.36%), Sugar: 4.02g (4.46%), Cholesterol: 23.58mg (7.86%), Sodium: 415mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.56%), Vitamin C: 50.44mg (61.14%), Vitamin B6: 0.98mg (49.05%), Potassium: 1250.71mg (35.73%), Vitamin K: 29.19µg (27.8%), Phosphorus: 258.88mg (25.89%), Manganese: 0.5mg (25%), Folate: 82.36µg (20.59%), Fiber: 4.64g (18.57%), Vitamin B1: 0.27mg (18.16%), Magnesium: 72.06mg (18.02%), Calcium: 175.42mg (17.54%), Vitamin B3: 3.24mg (16.19%), Copper: 0.28mg (14.25%), Vitamin B5: 1.39mg (13.89%), Iron: 2.46mg (13.68%), Vitamin B2: 0.23mg (13.64%), Selenium: 8.46µg (12.08%), Zinc: 1.62mg (10.8%), Vitamin A: 271.54IU (5.43%), Vitamin B12: 0.3µg (4.95%), Vitamin E: 0.45mg (2.97%), Vitamin D: 0.39µg (2.59%)