



## The "Works" Stuffed Potatoes

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**386 kcal**

**SIDE DISH**

### Ingredients

- 4 slices bacon
- 2 pounds baking potatoes
- 3 garlic cloves minced
- 0.3 cup green onions divided minced
- 0.3 cup milk 1% low-fat
- 2 ounces cheddar cheese shredded extra-sharp divided reduced-fat
- 1 cup cup heavy whipping cream sour low-fat
- 0.3 teaspoon salt

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

## Directions

- Preheat oven to 40
- Cook bacon in a medium nonstick skillet over medium heat until crisp.
- Remove from skillet; crumble and set aside. Wipe skillet clean with paper towels.
- Place skillet coated with cooking spray over medium heat until hot.
- Add garlic; saut 1 minute. Set aside.
- Bake potatoes at 400 for 1 hour or until done; cool slightly.
- Cut a lengthwise slit across top of potatoes; carefully scoop pulp into a bowl, leaving shells intact.
- Add half of crumbled bacon, garlic, sour cream, 1/4 cup cheese, 3 tablespoons onions, milk, and salt to pulp; mash.
- Increase oven temperature to 45
- Stuff shells with potato mixture; top with half of crumbled bacon, 1/4 cup cheese, and remaining onions.
- Place the stuffed potatoes on a baking sheet.
- Bake at 450 for 15 minutes or until potatoes are thoroughly heated.
- Sprinkle with pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:36.69, Glycemic Load:32.57, Inflammation Score:-5, Nutrition Score:15.556086778641%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 385.99kcal (19.3%), Fat: 16.17g (24.87%), Saturated Fat: 7.48g (46.77%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 44.53g (16.19%), Sugar: 2.55g (2.84%), Cholesterol: 38.36mg (12.79%), Sodium: 444.27mg (19.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Vitamin B6: 0.9mg (45.03%), Potassium: 1176.06mg (33.6%), Phosphorus: 287.57mg (28.76%), Vitamin K: 21.76µg (20.72%), Manganese: 0.41mg (20.56%), Calcium: 199.23mg (19.92%), Vitamin B1: 0.29mg (19.26%), Vitamin C: 15.71mg (19.05%), Vitamin B3: 3.36mg (16.78%), Magnesium: 66.82mg (16.71%), Selenium: 9.85µg (14.07%), Copper: 0.27mg (13.45%), Vitamin B2: 0.22mg (13.1%), Fiber: 3.21g (12.85%), Iron: 2.3mg (12.8%), Folate: 45.33µg (11.33%), Zinc: 1.59mg (10.57%), Vitamin B5: 0.9mg (9.04%), Vitamin B12: 0.51µg (8.52%), Vitamin A: 340.55IU (6.81%), Vitamin D: 0.38µg (2.53%), Vitamin E: 0.35mg (2.33%)