



Twice-Baked Cheese Potatoes

 Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 medium baking potatoes
- 0.5 can cannellini beans rinsed drained (15- to 16-ounce size)
- 0.3 cup cream sour
- 0.3 cup chives fresh chopped
- 4 ounces pkt spinach chopped
- 1 cup ricotta cheese
- 2 ounces cheddar cheese shredded
- 0.8 cup onion chopped ()

- 2 teaspoons butter softened
- 2 eggs
- 1 tablespoon fries

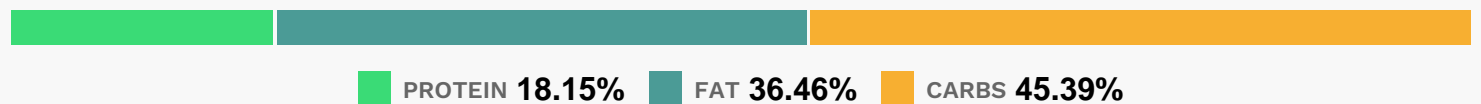
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°. Pierce potatoes with fork.
- Bake 1 to 1 1/4 hours until tender. Cool just until easy to handle.
- Cut potatoes lengthwise in half; scoop out inside, leaving a thin shell.
- Mash potato and beans in medium bowl. Stir in 2 tablespoons of the sour cream, 2 tablespoons of the chives and remaining ingredients. Fill shells with potato mixture.
- Place in ungreased rectangular pan, 13x9x2 inches.
- Bake uncovered 15 to 20 minutes or until hot and light brown. Top with remaining 2 tablespoons sour cream, chives and bacon bits.

Nutrition Facts



Properties

Glycemic Index:84.52, Glycemic Load:35.04, Inflammation Score:-10, Nutrition Score:30.853043307429%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 503.32kcal (25.17%), Fat: 20.8g (32%), Saturated Fat: 10.72g (67.01%), Carbohydrates: 58.25g (19.42%), Net Carbohydrates: 51.49g (18.72%), Sugar: 3.7g (4.11%), Cholesterol: 136.12mg (45.37%), Sodium: 259.23mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Vitamin K: 149.1µg (142%), Vitamin A: 3485.6IU (69.71%), Vitamin B6: 0.96mg (47.87%), Manganese: 0.94mg (47.03%), Potassium: 1488.02mg (42.51%), Phosphorus: 411.91mg (41.19%), Folate: 151.27µg (37.82%), Calcium: 361.49mg (36.15%), Selenium: 22.49µg (32.13%), Magnesium: 118.89mg (29.72%), Vitamin C: 24.15mg (29.27%), Iron: 5.05mg (28.03%), Vitamin B2: 0.47mg (27.37%), Fiber: 6.77g (27.06%), Copper: 0.44mg (21.82%), Zinc: 3.03mg (20.2%), Vitamin B1: 0.29mg (19.47%), Vitamin B5: 1.4mg (14.04%), Vitamin B3: 2.71mg (13.54%), Vitamin E: 1.58mg (10.53%), Vitamin B12: 0.59µg (9.83%), Vitamin D: 0.65µg (4.33%)