



Twice-Baked Cheesy Potatoes

 Gluten Free

READY IN



115 min.

SERVINGS



55

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb baking potatoes cooled
- 1 cup colby & monterey jack cheeses shredded kraft finely
- 1.5 cups knudsen cream sour
- 4 green onions chopped
- 2 Tbsp oscar mayer real bacon bits
- 1 pkt. shake n bake seasoned panko seasoned coating mix
- 0.3 tsp paprika smoked

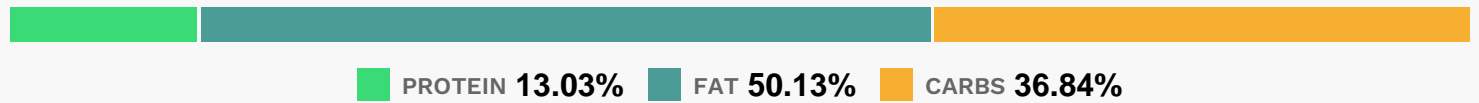
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375F.
- Cut potatoes lengthwise in half; scoop out centers into medium bowl, leaving 1/4-inch-thick shells.
- Place shells on baking sheet.
- Combine coating mix, bacon and paprika in separate medium bowl; stir in cheese.
- Add 3/4 cup cheese mixture to potato flesh along with the sour cream and onions; mix well. Spoon into potato shells; top with remaining cheese mixture.
- Bake 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:1.2743478096698%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 36.12kcal (1.81%), Fat: 2.06g (3.17%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.35g (0.39%), Cholesterol: 6.34mg (2.11%), Sodium: 32.09mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin B6: 0.06mg (3.11%), Calcium: 25.57mg (2.56%), Phosphorus: 25.16mg (2.52%), Potassium: 82.29mg (2.35%), Vitamin K: 2.27µg (2.16%), Vitamin A: 76.28IU (1.53%), Vitamin B2: 0.03mg (1.52%), Manganese: 0.03mg (1.42%), Vitamin C: 1.16mg (1.41%), Magnesium: 5.24mg (1.31%), Vitamin B1: 0.02mg (1.04%)