



Twice Baked Cheesy Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces processed cheese food sliced into strips
- ☐ 1 tablespoon butter
- ☐ 5 potatoes
- ☐ 0.8 cup cup heavy whipping cream sour

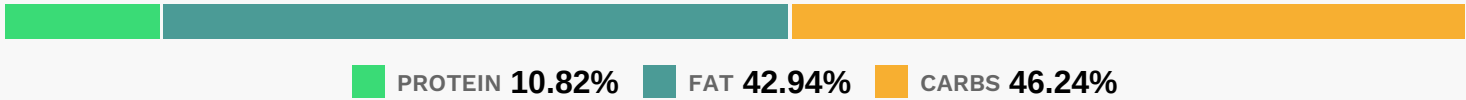
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake potatoes for 1 hour or until soft.
- ☐ In a microwave safe bowl, combine the cheese and butter. Cook in microwave for 1 1/2 minutes or until melted.
- ☐ Add sour cream and mix together.
- ☐ Cut potatoes in half, scoop out insides while being careful not to tear the skins.
- ☐ Add to cheese mixture and mix together until smooth.
- ☐ Stuff potato mixture back into potato shells and bake at 350 degrees F (175 degrees C) for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:32.15, Glycemic Load:27.47, Inflammation Score:-6, Nutrition Score:14.75695667837%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 336.54kcal (16.83%), Fat: 16.37g (25.18%), Saturated Fat: 9.07g (56.71%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 34.96g (12.71%), Sugar: 3.35g (3.72%), Cholesterol: 49.05mg (16.35%), Sodium: 420.46mg (18.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Vitamin C: 42.27mg (51.24%), Vitamin B6: 0.65mg (32.74%), Calcium: 298.08mg (29.81%), Phosphorus: 293.68mg (29.37%), Potassium: 970.46mg (27.73%), Fiber: 4.69g (18.74%), Manganese: 0.34mg (16.95%), Magnesium: 58.39mg (14.6%), Copper: 0.25mg (12.33%), Vitamin B1: 0.18mg (12.06%), Vitamin B3: 2.3mg (11.48%), Vitamin B2: 0.18mg (10.6%), Iron: 1.83mg (10.16%), Vitamin A: 503.49IU (10.07%), Folate: 38.05µg (9.51%), Selenium: 6.52µg (9.32%), Zinc: 1.3mg (8.66%), Vitamin B5: 0.84mg (8.41%), Vitamin B12: 0.42µg (6.96%), Vitamin K: 5.35µg (5.1%), Vitamin E: 0.4mg (2.66%)