



Twice-Baked Dijon Potatoes

 Gluten Free

READY IN



155 min.

SERVINGS



35

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 large baking potatoes
- 3 Tbsp grey poupon dijon mustard
- 0.1 tsp ground pepper black
- 2 Tbsp butter
- 0.3 cup onion finely chopped
- 1 cup cheddar cheese shredded divided kraft

Equipment

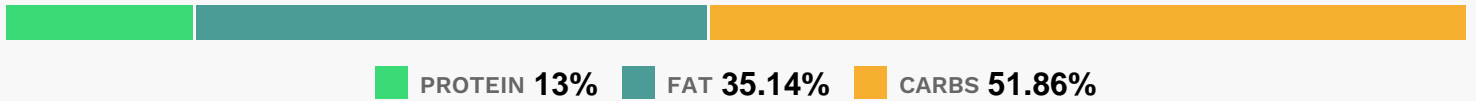
- bowl

- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 400F.
- Bake potatoes 1 hour 15 minutes or until tender.
- Cut potatoes in half lengthwise. Scoop out inside of each potato half, leaving thin shell.
- Place potato flesh in medium bowl; mash with electric mixer or hand masher until smooth. Set aside.
- Cook and stir onion in margarine in small skillet until tender; stir in mustard.
- Add to potatoes along with 1/2 cup of the cheese and the pepper. Beat with electric mixer on medium speed until well blended. Pipe or spoon potato mixture into potato shells; sprinkle with remaining 1/2 cup cheese.
- Bake an additional 20 minutes or until potato filling is heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:4.55, Inflammation Score:-1, Nutrition Score:1.8773912994758%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 45.32kcal (2.27%), Fat: 1.81g (2.79%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.52g (2.01%), Sugar: 0.29g (0.32%), Cholesterol: 3.23mg (1.08%), Sodium: 44.45mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin B6: 0.11mg (5.71%), Potassium: 138.96mg (3.97%), Phosphorus: 34.21mg (3.42%), Manganese: 0.06mg (2.91%), Calcium: 28.37mg (2.84%), Vitamin C: 1.92mg (2.33%), Magnesium: 8.95mg (2.24%), Selenium: 1.49µg (2.12%), Vitamin B1: 0.03mg (2.01%), Fiber: 0.49g (1.98%), Copper: 0.04mg (1.76%), Vitamin B3: 0.34mg (1.69%), Iron: 0.3mg (1.68%), Vitamin B2: 0.03mg (1.54%), Zinc:

0.22mg (1.47%), Folate: 5.49 μ g (1.37%), Vitamin A: 62.26IU (1.25%), Vitamin B5: 0.12mg (1.15%)