



Twice-Baked New Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



253 kcal

SIDE DISH

Ingredients

- 4 ounces cream cheese softened
- 1 tablespoon chives fresh finely minced
- 1 clove garlic pressed
- 1.5 cups monterrey jack cheese grated
- 12 new potatoes
- 2 tablespoons olive oil
- 8 servings salt and pepper
- 0.5 cup cup heavy whipping cream sour

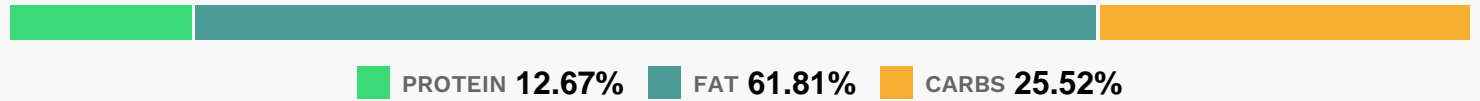
Equipment

oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Drizzle the potatoes with the olive oil and toss them to coat. Roast until the potatoes are tender and the skin is slightly crisp, 20 to 25 minutes.
- Use a spoon or small scoop to remove the insides, leaving a small margin of potato intact.
- To the scooped out potatoes, add the Monterey Jack, cream cheese, sour cream, chives, garlic, and salt and pepper to taste. Mash until the mixture is totally smooth. Give it a taste and add more salt if necessary.
- Scoop the mixture into the potato shells. At this point you can cover and refrigerate them until dinnertime. When you're ready, bake the potatoes in the oven until golden brown on top.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:11.03, Inflammation Score:-4, Nutrition Score:7.9117391575938%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 253.39kcal (12.67%), Fat: 17.66g (27.18%), Saturated Fat: 8.87g (55.42%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 14.54g (5.29%), Sugar: 1.79g (1.99%), Cholesterol: 41.65mg (13.88%), Sodium: 375.07mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.29%), Vitamin C: 17.01mg (20.62%), Calcium: 197.59mg (19.76%), Phosphorus: 168.84mg (16.88%), Vitamin B6: 0.28mg (14.18%), Potassium: 410.17mg (11.72%), Vitamin B2: 0.17mg (9.83%), Vitamin A: 460.89IU (9.22%), Fiber: 1.87g (7.46%), Selenium: 5.13µg (7.33%), Manganese: 0.14mg (7.11%), Magnesium: 28.01mg (7%), Zinc: 1mg (6.7%), Vitamin K: 5.55µg (5.29%), Copper: 0.1mg (5.22%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.75mg (4.97%), Folate: 19.8µg (4.95%), Iron: 0.87mg (4.82%),

Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.24µg (3.95%)