



## Twice-Baked New Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



229 kcal

SIDE DISH

### Ingredients

- 2 tablespoons canola oil
- 0.5 pound bacon crumbled cooked sliced
- 3 ounces cream cheese softened
- 1 teaspoon basil dried
- 1 garlic clove minced
- 0.3 cup spring onion finely chopped
- 4 ounces monterrey jack cheese shredded
- 0.3 teaspoon pepper

- 1.5 pound potatoes – remove skin red
- 0.5 teaspoon salt
- 0.5 cup cream sour

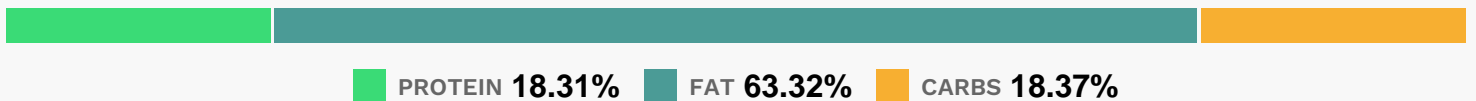
## Equipment

- bowl
- baking sheet
- oven
- baking pan

## Directions

- Pierce potatoes; rub skins with oil.
- Place in a baking pan.
- Bake, uncovered, at 400° for 50 minutes or until tender. Cool.
- In a large bowl, combine the Monterey Jack cheese, sour cream, cream cheese, onions, basil, garlic, salt and pepper.
- Cut potatoes in half; carefully scoop out pulp, leaving thin shells.
- Add pulp to the cheese mixture and mash; stir in bacon. Spoon or pipe into potato shells.
- Place on a baking sheet. Broil 4–6 in. from the heat for 7–8 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:7.5156521330709%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 229.36kcal (11.47%), Fat: 16.22g (24.95%), Saturated Fat: 6.67g (41.67%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 9.51g (3.46%), Sugar: 1.44g (1.6%), Cholesterol: 39.93mg (13.31%), Sodium: 507.1mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.11%), Selenium: 12.26µg (17.51%), Phosphorus: 166.45mg (16.64%), Vitamin B3: 2.68mg (13.4%), Potassium: 392.71mg (11.22%), Vitamin B6: 0.22mg (10.94%), Vitamin B1: 0.16mg (10.59%), Vitamin K: 11.09µg (10.56%), Calcium: 99.36mg (9.94%), Vitamin B2: 0.13mg (7.9%), Zinc: 1.14mg (7.58%), Vitamin C: 5.56mg (6.74%), Magnesium: 23.76mg (5.94%), Manganese: 0.11mg (5.47%), Copper: 0.11mg (5.36%), Vitamin B12: 0.32µg (5.34%), Vitamin A: 267.08IU (5.34%), Vitamin B5: 0.47mg (4.67%), Iron: 0.8mg (4.45%), Fiber: 1.08g (4.33%), Vitamin E: 0.64mg (4.27%), Folate: 15.17µg (3.79%)