



Twice Baked Potato Poppers

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons salsa green (salsa verde)
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 6 small round potatoes scrubbed
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons cheddar cheese shredded white

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ broiler
- ☐ melon baller

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place potatoes onto a baking sheet and bake in the preheated oven until tender but still firm, about 25 minutes.
- ☐ Remove potatoes and set aside.
- ☐ When potatoes are cool enough to handle, cut them in half. With a melon baller, scoop centers out of each potato, leaving a thick shell.
- ☐ Place scooped-out potato centers into a bowl. Arrange hollowed-out potato halves onto a baking sheet.
- ☐ Mash scooped-out potato centers in a bowl with green salsa and butter; season with salt and black pepper.
- ☐ Spoon the mixture lightly into the hollowed-out potatoes; do not overfill. Top each filled potato half with a pinch of white Cheddar cheese.
- ☐ Turn on the oven's broiler.
- ☐ Place potatoes under the broiler about 6 inches from the heat source until tops are browned, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:10.89, Inflammation Score:-2, Nutrition Score:4.4882608891829%

Flavonoids

Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 81.1kcal (4.05%), Fat: 1.55g (2.38%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.22g (4.81%), Sugar: 0.84g (0.93%), Cholesterol: 3.92mg (1.31%), Sodium: 33.69mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin C: 16.85mg (20.42%), Vitamin B6: 0.25mg (12.6%), Potassium: 365.96mg (10.46%), Fiber: 1.9g (7.58%), Manganese: 0.14mg (7.15%), Phosphorus: 55.38mg (5.54%), Magnesium: 20.13mg (5.03%), Copper: 0.09mg (4.69%), Vitamin B1: 0.07mg (4.57%), Vitamin B3: 0.9mg (4.49%), Iron: 0.68mg (3.75%), Folate: 13.95µg (3.49%), Vitamin B5: 0.26mg (2.6%), Calcium: 20.94mg (2.09%), Vitamin B2: 0.03mg (2%), Zinc: 0.3mg (2%), Vitamin K: 1.89µg (1.8%), Vitamin A: 62.26IU (1.25%)