



Twice-Baked Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces baking potato
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 3 tablespoons cup heavy whipping cream sour low-fat
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 0.5 ounce sharp cheddar cheese shredded reduced-fat

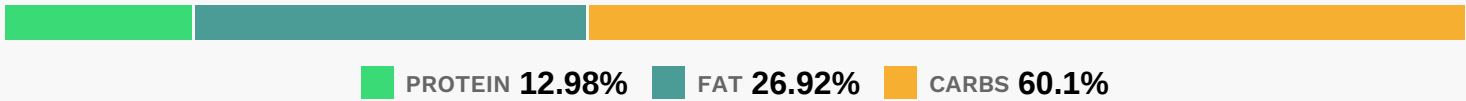
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Scrub potato; bake at 425 for 1 hour or until tender.
- ☐ Let potato cool to touch.
- ☐ Cut potato in half lengthwise; carefully scoop out pulp, leaving 1/4-inch-thick shells. Set shells aside.
- ☐ Place pulp in a small bowl; mash until smooth.
- ☐ Combine mashed potato, sour cream, and next 3 ingredients, beating until smooth. Stir in chives. Spoon potato mixture evenly into potato shells, and sprinkle evenly with cheese.
- ☐ Place potato shells in a small ungreased baking dish.
- ☐ Bake at 425 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:96.88, Glycemic Load:16.2, Inflammation Score:-3, Nutrition Score:6.5434782738271%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 144.37kcal (7.22%), Fat: 4.42g (6.81%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 20.66g (7.51%), Sugar: 0.8g (0.89%), Cholesterol: 13.39mg (4.46%), Sodium: 212.49mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin B6: 0.41mg (20.26%), Potassium: 524.86mg (15%), Phosphorus: 109.45mg (10.95%), Manganese: 0.2mg (10.12%), Calcium: 92.4mg (9.24%), Vitamin C: 7.5mg (9.09%), Magnesium: 30.79mg (7.7%), Vitamin B1: 0.1mg (6.96%), Copper: 0.13mg (6.36%), Fiber: 1.56g (6.24%), Vitamin B3: 1.2mg (6.01%), Iron: 1.05mg (5.82%), Vitamin B2: 0.09mg (5.44%), Vitamin K: 5.7µg (5.43%), Folate: 21.03µg (5.26%), Zinc: 0.69mg (4.63%), Selenium: 3.08µg (4.4%), Vitamin A: 197.17IU (3.94%), Vitamin B5:

0.38mg (3.79%), Vitamin B12: 0.15µg (2.51%)