



## Twice-Baked Potatoes

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

### Ingredients

- 2 lb baking potatoes
- 0.5 cup knudsen cream sour
- 2 green onions chopped
- 0.5 cup classic ranch dressing kraft
- 4 oz velveeta cut into 1/2-inch cubes
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### Equipment

- oven

baking pan

## Directions

Heat oven to 400F.

Prick potatoes in several places with fork.

Bake 1 hour or until tender. Reduce oven temperature to 350F.

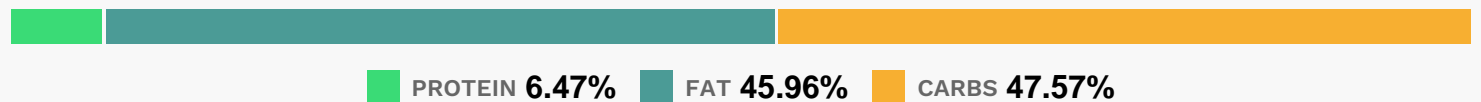
Cut thin slice off top of each potato. Discard tops; scoop out centers, leaving 1/8-inch-thick shells. Mash potatoes.

Add dressing, sour cream and onions; mix well. Spoon into shells; top with VELVEETA.

Place in shallow baking dish.

Bake 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:29.19, Glycemic Load:32.32, Inflammation Score:-5, Nutrition Score:13.736521703394%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 367.01kcal (18.35%), Fat: 19.12g (29.42%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 41.42g (15.06%), Sugar: 3.93g (4.37%), Cholesterol: 24.76mg (8.25%), Sodium: 291.51mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin K: 57.13µg (54.41%), Vitamin B6: 0.81mg (40.34%), Potassium: 1017.44mg (29.07%), Phosphorus: 204.61mg (20.46%), Manganese: 0.38mg (19.07%), Vitamin C: 14.31mg (17.35%), Magnesium: 57.74mg (14.43%), Vitamin B1: 0.2mg (13.3%), Copper: 0.25mg (12.47%), Fiber: 3.1g (12.42%), Vitamin B3: 2.42mg (12.11%), Iron: 2.15mg (11.94%), Vitamin B5: 1.02mg (10.23%), Folate: 38.52µg (9.63%), Vitamin B2: 0.15mg (9.06%), Calcium: 71.24mg (7.12%), Vitamin E: 0.83mg (5.54%), Zinc: 0.83mg (5.51%), Vitamin A: 252.6IU (5.05%), Selenium: 3.06µg (4.37%), Vitamin B12: 0.11µg (1.86%)