



## Twice-Baked Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



386 kcal

SIDE DISH

### Ingredients

- 3 large baking potatoes
- 1.5 tablespoons butter
- 3 slices bacon crumbled cooked
- 0.5 tablespoon garlic salt
- 0.3 cup green onion finely chopped
- 1.5 tablespoons milk
- 1 tablespoon olive oil
- 6 servings salt and pepper

- 1.3 cups sharp cheddar cheese grated
- 1 cup heavy whipping cream sour

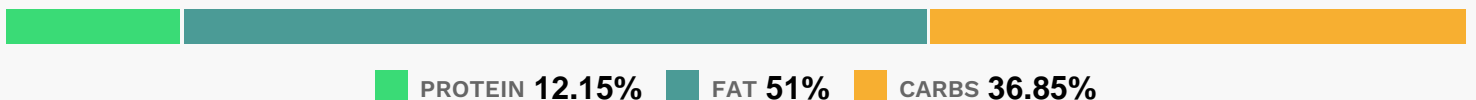
## Equipment

- frying pan
- baking sheet
- oven
- mixing bowl

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Wash the potatoes and pierce them with a fork. Rub the potatoes with the olive oil and place them on a jellyroll pan or a large cookie sheet with a rim.
- Bake the potatoes for 45 minutes to an hour, or until done.
- Remove the potatoes from the oven and cut them in half lengthwise. Set aside. Reduce the temperature of the oven to 350 degrees F.
- When the potatoes are cool enough to handle, scoop out the potato flesh into a large electric mixing bowl.
- Add the milk, butter, sour cream, cheese, garlic salt, and salt and pepper to taste.
- Mix until creamy. Divide the mixture evenly and spoon it back into the potato shells. Return the potatoes to the oven for 15 minutes.
- Remove from the oven and garnish with the bacon and green onion.

## Nutrition Facts



## Properties

Glycemic Index:38.63, Glycemic Load:26.51, Inflammation Score:-6, Nutrition Score:13.335652242536%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 385.73kcal (19.29%), Fat: 22.29g (34.3%), Saturated Fat: 11.11g (69.45%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 33.73g (12.27%), Sugar: 2.81g (3.12%), Cholesterol: 58.09mg (19.36%), Sodium: 1042.07mg (45.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.91%), Vitamin B6: 0.69mg (34.74%), Phosphorus: 260.12mg (26.01%), Potassium: 873.52mg (24.96%), Calcium: 238.54mg (23.85%), Selenium: 10.98µg (15.69%), Manganese: 0.31mg (15.3%), Vitamin B2: 0.25mg (14.59%), Vitamin C: 11.64mg (14.11%), Vitamin K: 14.75µg (14.04%), Magnesium: 55.24mg (13.81%), Vitamin B1: 0.19mg (12.85%), Vitamin A: 613.11IU (12.26%), Vitamin B3: 2.4mg (12.02%), Zinc: 1.68mg (11.23%), Copper: 0.21mg (10.65%), Fiber: 2.51g (10.03%), Iron: 1.77mg (9.84%), Folate: 35.85µg (8.96%), Vitamin B5: 0.85mg (8.47%), Vitamin B12: 0.4µg (6.66%), Vitamin E: 0.8mg (5.33%), Vitamin D: 0.2µg (1.32%)