



Twice Baked Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



353 kcal

SIDE DISH

Ingredients

- 12 ounces cheddar cheese grated
- 1 tablespoon basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 3 tomatoes italian chopped
- 0.5 cup scallion onions green chopped
- 4 pounds potatoes firm (10)
- 1 rosemary sprig chopped
- 12 ounce cup heavy whipping cream sour

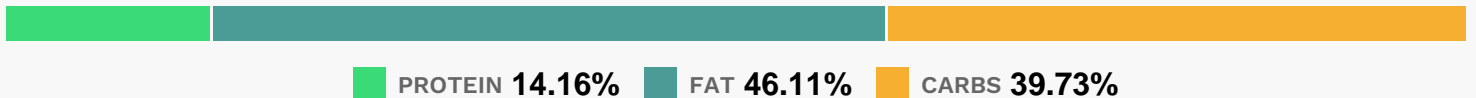
Equipment

- bowl
- paper towels
- oven
- tongs
- cutting board

Directions

- Preheat oven to 350 degrees F. Scrub the potatoes. Pat dry with paper towels.
- Bake potatoes for 45 minutes.
- Remove from oven and place on a cutting board.
- Let cool for 30 minutes. Slice each potato lengthwise, cutting off the top quarter. Scoop out the pulp to form the boat.
- Put the pulp into a large bowl and add sour cream, scallions, basil, tomatoes and rosemary.
- Mix together until you have a smooth texture. Stuff each potato with stuffing.
- Sprinkle with cheddar cheese and parsley.
- Place in covered barbecue and cook for another 15 minutes.
- Remove with barbecue tongs to serving tray and serve hot.

Nutrition Facts



Properties

Glycemic Index:34.78, Glycemic Load:23.79, Inflammation Score:-7, Nutrition Score:15.901739229327%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

0.15mg, Myricetin: 0.15mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 352.78kcal (17.64%), Fat: 18.38g (28.28%), Saturated Fat: 10.03g (62.66%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 31.25g (11.36%), Sugar: 3.52g (3.91%), Cholesterol: 54.09mg (18.03%), Sodium: 245.63mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.41%), Vitamin C: 40.3mg (48.84%), Calcium: 301.94mg (30.19%), Vitamin B6: 0.6mg (29.92%), Phosphorus: 292.45mg (29.24%), Potassium: 893.45mg (25.53%), Vitamin K: 20.23µg (19.26%), Fiber: 4.38g (17.54%), Selenium: 11.47µg (16.39%), Manganese: 0.32mg (16%), Vitamin B2: 0.27mg (15.99%), Vitamin A: 789.8IU (15.8%), Magnesium: 57.71mg (14.43%), Zinc: 1.94mg (12.95%), Vitamin B1: 0.17mg (11.55%), Copper: 0.23mg (11.47%), Folate: 43.91µg (10.98%), Vitamin B3: 2.09mg (10.47%), Iron: 1.62mg (9%), Vitamin B5: 0.82mg (8.22%), Vitamin B12: 0.43µg (7.2%), Vitamin E: 0.51mg (3.41%), Vitamin D: 0.2µg (1.36%)