



Twice Baked Potatoes

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 32 oz baking potatoes unpeeled
- ☐ 0.3 cup milk
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash pepper
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 tablespoon chives fresh chopped

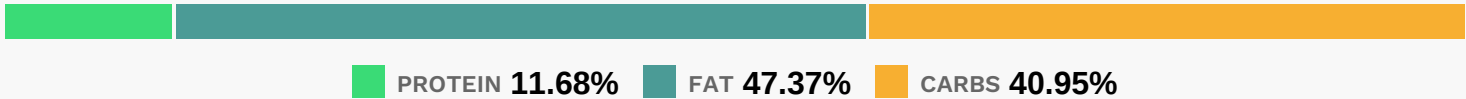
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Heat oven to 375°F. Gently scrub potatoes, but do not peel. Pierce potatoes several times with a fork to allow steam to escape while potatoes bake.
- ☐ Bake 1 hour to 1 hour 15 minutes or until potatoes are tender when pierced in center with a fork.
- ☐ When potatoes are cool enough to handle, cut lengthwise in half; scoop out inside, leaving a thin shell. In medium bowl, mash potatoes with potato masher or electric mixer on low speed until no lumps remain.
- ☐ Add milk in small amounts, beating after each addition with potato masher or electric mixer on low speed (amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes used).
- ☐ Add butter, salt and pepper; beat vigorously until potatoes are light and fluffy. Stir in cheese and chives. Fill potato shells with mashed potato mixture.
- ☐ Place on ungreased cookie sheet.
- ☐ Increase oven temperature to 400°F.
- ☐ Bake about 20 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:34.59, Glycemic Load:16.35, Inflammation Score:-4, Nutrition Score:7.0373912168586%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 203kcal (10.15%), Fat: 10.91g (16.79%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 19.73g (7.18%), Sugar: 1.13g (1.25%), Cholesterol: 30.34mg (10.11%), Sodium: 219.57mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Vitamin B6: 0.41mg (20.32%), Potassium: 498.22mg (14.23%), Phosphorus: 136.93mg (13.69%), Calcium: 126.48mg (12.65%), Manganese: 0.18mg (9.15%), Vitamin C: 6.68mg (8.1%), Magnesium: 31.15mg (7.79%), Vitamin A: 349.18IU (6.98%), Vitamin B1: 0.1mg (6.8%), Selenium: 4.68µg (6.69%), Vitamin B2: 0.11mg (6.67%), Copper: 0.12mg (6.12%), Vitamin B3: 1.19mg (5.97%), Fiber: 1.49g (5.95%), Zinc: 0.89mg (5.93%), Iron: 1.01mg (5.6%), Folate: 19.46µg (4.87%), Vitamin B5: 0.44mg (4.38%), Vitamin K: 3.72µg (3.54%), Vitamin B12: 0.2µg (3.39%), Vitamin E: 0.29mg (1.91%), Vitamin D: 0.17µg (1.13%)