



Twice Baked Potatoes

 **Gluten Free**

READY IN



65 min.

SERVINGS



4

CALORIES



698 kcal

SIDE DISH

Ingredients

- 2.3 cups cheddar cheese divided
- 4 slices bacon crumbled cooked
- 1 clove garlic chopped
- 0.5 cup spring onion chopped
- 4 medium baking potatoes scrubbed well
- 4 servings pepper black freshly ground
- 2 cups cream sour

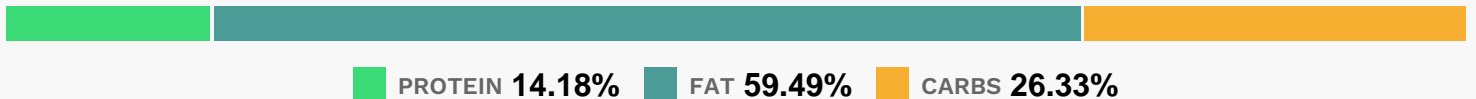
Equipment

- bowl
- oven
- casserole dish
- microwave

Directions

- Preheat the oven to 350 degrees F. Prepare a small casserole dish by spraying with canola spray.
- Pierce the potatoes all over with a fork.
- Place in the microwave and cook on medium, turning once, until the potatoes are soft, about 20 minutes. Set aside to cool, about 5 minutes.
- Cut off the top third of the cooked potatoes. Scoop out the insides and place into a medium bowl.
- Add the green onions and mash together.
- Add the garlic, bacon, 1 cups cheese, salt, pepper and sour cream.
- Mix together well.
- Nestle the hollowed out potatoes in the prepared dish. Evenly divide the potato mixture among the potato shells and top with the remaining 1/4 cup cheese.
- Place the potatoes into the oven and cook, about 20 minutes.
- Remove from the oven and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:30.96, Inflammation Score:-8, Nutrition Score:23.385217345279%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 698.11kcal (34.91%), Fat: 46.93g (72.2%), Saturated Fat: 24.84g (155.25%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 43.6g (15.85%), Sugar: 5.75g (6.39%), Cholesterol: 139.33mg (46.44%), Sodium: 598.55mg (26.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.35%), Calcium: 604.91mg (60.49%), Phosphorus: 532.64mg (53.26%), Vitamin B6: 0.89mg (44.29%), Selenium: 27.34µg (39.05%), Vitamin B2: 0.57mg (33.73%), Potassium: 1159.66mg (33.13%), Vitamin K: 33.14µg (31.56%), Vitamin A: 1483.68IU (29.67%), Zinc: 3.63mg (24.22%), Magnesium: 82.99mg (20.75%), Manganese: 0.4mg (20.02%), Vitamin C: 15.76mg (19.1%), Vitamin B1: 0.27mg (17.96%), Vitamin B12: 1µg (16.71%), Vitamin B3: 3.26mg (16.28%), Folate: 58.11µg (14.53%), Copper: 0.28mg (14.17%), Vitamin B5: 1.39mg (13.95%), Iron: 2.3mg (12.76%), Fiber: 3.14g (12.54%), Vitamin E: 1.04mg (6.93%), Vitamin D: 0.41µg (2.76%)