



Twice Baked Potatoes



Gluten Free



Popular

READY IN



105 min.

SERVINGS



4

CALORIES



883 kcal

SIDE DISH

Ingredients

- ☐ 4 strips bacon
- ☐ 1 cup cheese blue crumbled
- ☐ 2 Tbsp butter softened
- ☐ 1 cup cheddar cheese grated
- ☐ 1 Tbsp cup heavy whipping cream
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup green onion chopped
- ☐ 0.5 cup milk

- ☐ 4 servings olive oil
- ☐ 4 large russet potatoes
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

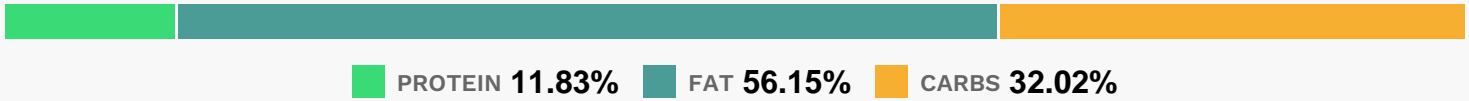
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Bake the potatoes. Preheat the oven to 400°F. Scrub the potatoes clean under running water. Poke each potato in several places with the tines of a fork so that when the potatoes are cooking they don't explode. Rub the potatoes all over with a little olive oil.
- ☐ Place directly on the middle or top rack of the oven. Cook for 1 hour and 15 minutes, or until the potatoes are cooked through. They should give a little when pressed.If short on time you can bake the potatoes in the microwave, 10 minutes on high heat for 2 potatoes, 15 minutes for 4 potatoes. The skins of microwave baked potatoes aren't nearly as crispy, so you may want to rub a little olive oil on them and finish them in a conventional oven at 400°F for 10 minutes.² If you are including bacon as one of your mix-ins, while the potatoes are cooking, cook the bacon strips in a frying pan on medium low heat for 10 to 15 minutes, or until crisp.
- ☐ Drain on paper towels.
- ☐ Let cool. Crumble. ³ Allow the potatoes to cool to touch. Slice the top third lengthwise off the potato. Use a spoon to scoop out the insides, forming a potato "canoe", leaving about 1/4 inch of potato on the skin.Alternatively you can slice the potatoes in half, lengthwise. In this case you may want to bake an extra potato so that you will have more potato filling to mound into the potato boats.⁴

- ☐ Place the scooped out potato insides, sour cream, milk, cream, and butter into a large bowl. Mash with a potato masher. If you want a creamy texture, beat with an electric beater until desired consistency. Note, do not over-beat potatoes, they can turn glue-y.5
- ☐ Mix in the extras with the potatoes. Reserve some of the extras to sprinkle on the tops of the potatoes. Spoon fillings into the potato shells.
- ☐ Sprinkle with extra toppings.6
- ☐ Heat oven to 350°F.
- ☐ Place potatoes on a roasting pan and bake 15 to 20 minutes until heated through.

Nutrition Facts



Properties

Glycemic Index:75.94, Glycemic Load:53.5, Inflammation Score:-8, Nutrition Score:28.532174089681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 883.04kcal (44.15%), Fat: 56.01g (86.17%), Saturated Fat: 24.68g (154.23%), Carbohydrates: 71.87g (23.96%), Net Carbohydrates: 66.85g (24.31%), Sugar: 5.3g (5.89%), Cholesterol: 108.21mg (36.07%), Sodium: 1096.18mg (47.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.09%), Vitamin B6: 1.45mg (72.31%), Phosphorus: 554.92mg (55.49%), Potassium: 1802.25mg (51.49%), Calcium: 504.85mg (50.48%), Vitamin K: 35.96µg (34.25%), Manganese: 0.61mg (30.61%), Selenium: 20.67µg (29.53%), Vitamin B2: 0.5mg (29.46%), Vitamin C: 23.94mg (29.02%), Magnesium: 112.15mg (28.04%), Vitamin B1: 0.41mg (27.37%), Vitamin B3: 5.18mg (25.88%), Vitamin A: 1184.62IU (23.69%), Zinc: 3.54mg (23.59%), Vitamin B5: 2.17mg (21.74%), Copper: 0.43mg (21.37%), Iron: 3.65mg (20.29%), Fiber: 5.02g (20.09%), Folate: 78.46µg (19.61%), Vitamin E: 2.81mg (18.71%), Vitamin B12: 1.06µg (17.74%), Vitamin D: 0.82µg (5.48%)