



Twice Baked Potatoes by Daisy Brand

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



476 kcal

SIDE DISH

Ingredients

- 1 cup daisy brand cream sour
- 0.3 cup heavy cream
- 1 pinch heavy of pepper
- 8 medium russet potatoes
- 1 pinch heavy of salt
- 3 scallions finely chopped
- 2.5 cups sharp cheddar cheese shredded
- 4 strips at least of turkey bacon crumbled cooked

- 2 tablespoons butter unsalted
- 0.5 cup milk whole

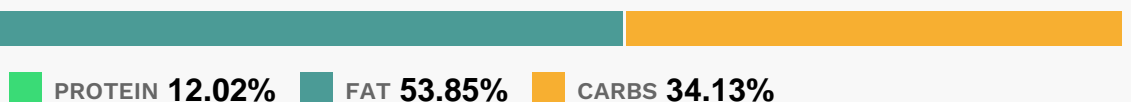
Equipment

- bowl
- oven
- aluminum foil

Directions

- Preheat the oven to 400 degrees. Thoroughly wash and dry the potatoes. Wrap the potatoes in aluminum foil and bake for 30 minutes.
- Remove from the oven. Poke holes in the potatoes and return to the oven for another 30 minutes or until easily pierced with a fork.
- Meanwhile, fry and crumble the bacon. Chop the scallions.
- Remove the potatoes and cool for 10 minutes. Lower the oven temperature to 350 degrees. Slice off the top 1/3 of each potato lengthwise. Holding each potato with a clean towel, hollow out the potato skins with a spoon leaving about 1/4 inch of the potato on the inside to prevent it from falling apart during baking. In a large bowl, combine potato interior, butter, sour cream, 1/2 cup of the Cheddar cheese, heavy cream, milk, salt, and pepper. Mash until smooth. Stir in bacon and scallions.
- Fill each potato skin with the mashed potato mixture. Top with the remaining 2 cups of Cheddar cheese.
- Sprinkle each with chili powder as desired.
- Bake for 15 minutes or until cheese melts. Top with additional dollops of sour cream, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:30.85, Inflammation Score:-7, Nutrition Score:16.026521724203%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 476.41kcal (23.82%), Fat: 29.08g (44.73%), Saturated Fat: 17.51g (109.46%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 38.59g (14.03%), Sugar: 3.36g (3.74%), Cholesterol: 87.18mg (29.06%), Sodium: 274.81mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.6g (29.21%), Vitamin B6: 0.79mg (39.3%), Calcium: 324.83mg (32.48%), Phosphorus: 320.68mg (32.07%), Potassium: 989.01mg (28.26%), Vitamin A: 1059.72IU (21.19%), Vitamin B2: 0.32mg (19%), Selenium: 12.44µg (17.77%), Manganese: 0.35mg (17.39%), Magnesium: 64.09mg (16.02%), Vitamin C: 13.21mg (16.01%), Vitamin K: 15.53µg (14.79%), Zinc: 2.1mg (14.01%), Vitamin B1: 0.2mg (13.59%), Copper: 0.24mg (12.03%), Fiber: 2.89g (11.56%), Vitamin B3: 2.31mg (11.53%), Iron: 2mg (11.14%), Folate: 41.76µg (10.44%), Vitamin B5: 0.95mg (9.46%), Vitamin B12: 0.52µg (8.73%), Vitamin D: 1.03µg (6.86%), Vitamin E: 0.75mg (4.98%)