



## Twice-Baked Potatoes Four Ways



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



15

CALORIES



65 kcal

SIDE DISH

### Ingredients



0.5 cup milk



40 oz russet potatoes

### Equipment



bowl



frying pan



baking sheet



oven



plastic wrap

☐ microwave

## Directions

☐ Preheat oven to 40

☐ Pierce potatoes several times with a fork, and bake directly on oven rack 1 hour or until potatoes are tender. (Baking directly on the rack keeps skins crisp and firm to hold the filling.) Cool 10 minutes.

☐ Cut potatoes in half lengthwise; carefully scoop pulp into a large bowl, leaving shells intact. Mash together potato pulp, cream cheese, and milk; stir in desired Potato Filling. Spoon mixture into potato shells, and place on a lightly greased baking sheet.

☐ Bake at 400 for 15 to 20 minutes or until thoroughly heated.

☐ To Freeze: Prepare through Step Freeze potatoes on a baking sheet 1 hour or until firm. Wrap each potato in plastic wrap, place in a zip-top plastic freezer bag, and freeze up to 1 month. Thaw in refrigerator overnight. To serve, unwrap potatoes, and bake at 350 for 45 minutes or until hot. Or microwave at HIGH 5 minutes or until hot, checking at 1-minute intervals.

☐ Potato Fillings

☐ Chicken, Broccoli, Cheddar: Melt 2 Tbsp. butter in a large skillet over medium-high heat; add 1 small onion, diced, and 1 (10-oz.) package frozen chopped broccoli, thawed and drained; saut 5 minutes or until tender. Stir together broccoli mixture, 2 cups chopped cooked chicken, 1 1/2 cups (6 oz.) shredded sharp Cheddar cheese, 3/4 tsp. table salt, and 1/2 tsp. freshly ground black pepper. Total time 20 min.

☐ BBQ Pork and Pepper Jack: Stir together 2 cups (about 1/2 lb.) chopped barbecued pork (without sauce), 1 1/2 cups (6 oz.) shredded pepper Jack cheese, 1/3 cup minced green onions, and 4 tsp. Ranch dressing mix.

☐ Serve potatoes with barbecue sauce. Total time 10 min.

☐ Caramelized Onion, Bacon, and Goat Cheese: Melt 2 Tbsp. butter in a large skillet over medium-high heat; add 2 cups chopped red onion and 2 tsp. sugar, and saut 10 to 12 minutes or until caramelized. Stir in 2 Tbsp. dry sherry, and cook 1 minute or until liquid evaporates, stirring to loosen particles from bottom of skillet. Stir together onion mixture; 1 (4-oz.) goat cheese log, softened; 8 cooked and crumbled bacon slices; 2 Tbsp. chopped fresh thyme; 3/4 tsp. salt; and 1/2 tsp. ground black pepper. Total time 20 min.

## Nutrition Facts



 PROTEIN **11.32%**  FAT **4.34%**  CARBS **84.34%**

Properties

Glycemic Index:8.18, Glycemic Load:10.89, Inflammation Score:-1, Nutrition Score:3.3869565096886%

Nutrients (% of daily need)

Calories: 64.6kcal (3.23%), Fat: 0.32g (0.49%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.06g (4.75%), Sugar: 0.86g (0.96%), Cholesterol: 0.98mg (0.33%), Sodium: 6.87mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin B6: 0.27mg (13.29%), Potassium: 327.45mg (9.36%), Manganese: 0.12mg (5.95%), Vitamin C: 4.31mg (5.22%), Phosphorus: 49.79mg (4.98%), Magnesium: 18.36mg (4.59%), Vitamin B1: 0.07mg (4.44%), Vitamin B3: 0.79mg (3.95%), Fiber: 0.98g (3.93%), Copper: 0.08mg (3.9%), Iron: 0.65mg (3.61%), Folate: 10.58µg (2.65%), Vitamin B5: 0.26mg (2.58%), Vitamin B2: 0.04mg (2.13%), Calcium: 19.83mg (1.98%), Zinc: 0.25mg (1.68%), Vitamin K: 1.39µg (1.32%)