



Twice Baked Potatoes I

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- 4 large baking potatoes
- 2 tablespoons butter
- 0.3 cup mild cheddar cheese shredded
- 4 tablespoons milk
- 8 servings salt to taste

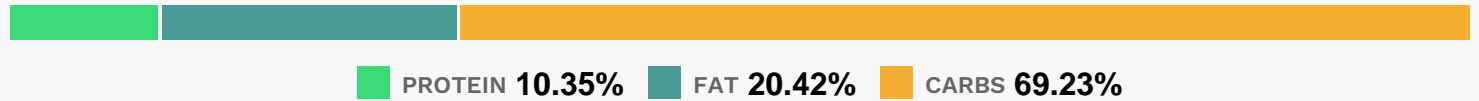
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Clean and scrub baking potatoes. Pierce skin with a fork once or twice.
- Bake at 350 degrees F (175 degrees C) for approximately 1 hour or until the potatoes are soft and firm.
- Let potatoes cool slightly.
- Cut baked potatoes in half and scoop out pulp within 1/4 inch of the shell edge. Mash the pulp with milk, salt and butter to taste. Stuff shells with mashed pulp mixture sprinkle tops with grated cheddar cheese.
- Place potatoes on a baking sheet and bake at 350 degrees F (175 degrees C) for 15 minutes or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:26.38, Inflammation Score:-3, Nutrition Score:8.4360869215882%

Nutrients (% of daily need)

Calories: 189.76kcal (9.49%), Fat: 4.43g (6.81%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 31.38g (11.41%), Sugar: 1.52g (1.69%), Cholesterol: 11.96mg (3.99%), Sodium: 251.46mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Vitamin B6: 0.64mg (32.18%), Potassium: 784.21mg (22.41%), Manganese: 0.29mg (14.54%), Vitamin C: 10.52mg (12.75%), Phosphorus: 126.06mg (12.61%), Magnesium: 44.36mg (11.09%), Vitamin B1: 0.16mg (10.45%), Vitamin B3: 1.92mg (9.6%), Fiber: 2.4g (9.59%), Copper: 0.19mg (9.57%), Iron: 1.59mg (8.86%), Folate: 26.68µg (6.67%), Vitamin B5: 0.6mg (6.02%), Calcium: 59.14mg (5.91%), Vitamin B2: 0.09mg (5.18%), Zinc: 0.7mg (4.66%), Vitamin K: 3.67µg (3.5%), Selenium: 1.92µg (2.74%), Vitamin A: 136.84IU (2.74%), Vitamin B12: 0.08µg (1.4%)