



Twice-Baked Potatoes Kids Love

 Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



525 kcal

SIDE DISH

Ingredients

- 32 oz baking potatoes
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 teaspoon kosher salt
- 1 small head cauliflower cut into bite-sized pieces (3 cups)
- 1 tablespoon butter melted
- 0.3 cup skim milk fat-free (skim)
- 1 cup cream sour low-fat
- 1 cup cheddar cheese shredded

0.3 cup spring onion chopped

0.3 cup bacon bits

Equipment

food processor

bowl

frying pan

baking sheet

oven

blender

microwave

Directions

Heat oven to 400°F. Gently scrub potatoes, but do not peel. Pierce potatoes several times with a fork to allow steam to escape while potatoes bake.

Brush lightly with olive oil, and sprinkle with 1/2 teaspoon of the salt.

Bake on ungreased baking sheet for 1 hour or until potatoes are tender when pierced in center with a fork.

Let stand until cool enough to handle.

Meanwhile, place cauliflower in microwave safe bowl, and microwave, 5 to 8 minutes or until tender.

Cut each potato lengthwise in half; scoop out potatoes leaving a thin shell.

Place insides from 2 potatoes in bowl of food processor or blender.

Place remaining 2 potato insides aside for another use (tomorrow's dinner!)

Mix in cauliflower melted butter, milk, sour cream and remaining 1/2 teaspoon of salt. Blend until smooth.

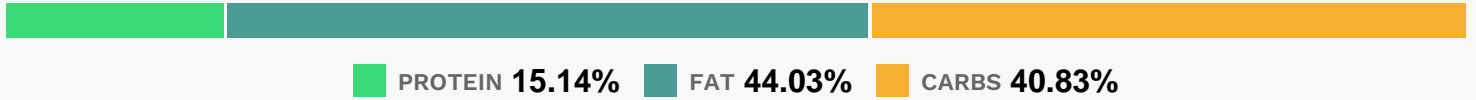
Stir in 1/2 cup of the shredded cheese and black pepper to taste. Spoon filling back into the potato skins and sprinkle with remaining 1/2 cup shredded cheese.

Place filled potatoes in greased 9x13-inch pan.

Bake an additional 20 minutes or until cheese is melted and filling is hot.

Sprinkle green onions and bacon bits over the top and serve.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:33.48, Inflammation Score:-8, Nutrition Score:23.081304581269%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 524.62kcal (26.23%), Fat: 26.24g (40.37%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 54.76g (18.25%), Net Carbohydrates: 48.82g (17.75%), Sugar: 4.07g (4.52%), Cholesterol: 48.99mg (16.33%), Sodium: 1149.24mg (49.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.6%), Vitamin C: 46.84mg (56.78%), Vitamin B6: 0.96mg (48.16%), Potassium: 1361.89mg (38.91%), Phosphorus: 381.15mg (38.11%), Calcium: 372.69mg (37.27%), Vitamin K: 30.36µg (28.92%), Folate: 104.99µg (26.25%), Fiber: 5.94g (23.78%), Manganese: 0.47mg (23.68%), Vitamin B1: 0.35mg (23.62%), Magnesium: 93.35mg (23.34%), Vitamin B2: 0.35mg (20.68%), Copper: 0.36mg (18.19%), Selenium: 12.62µg (18.03%), Zinc: 2.56mg (17.03%), Vitamin B3: 3.03mg (15.16%), Vitamin E: 2.13mg (14.18%), Iron: 2.54mg (14.1%), Vitamin A: 703.09IU (14.06%), Vitamin B12: 0.84µg (14.01%), Vitamin B5: 1.32mg (13.22%), Vitamin D: 0.51µg (3.39%)