



## Twice-Baked Potatoes Kids Love

 Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



525 kcal

SIDE DISH

### Ingredients

- 0.3 cup bacon bits os®
- 32 oz baking potatoes
- 1 tablespoon butter melted
- 1 small head cauliflower cut into bite-sized pieces ( 3 cups)
- 1 teaspoon kosher salt
- 0.3 cup skim milk fat-free (skim)
- 0.3 cup spring onion chopped
- 1 cup cream sour low-fat

- 1 tablespoon olive oil extra virgin extra-virgin
- 1 cup cheddar cheese shredded

## Equipment

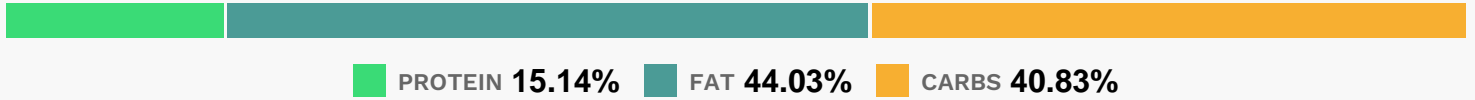
- food processor
- bowl
- frying pan
- baking sheet
- oven
- blender
- microwave

## Directions

- Heat oven to 400F. 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 (tomorrows 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%)