



Twice-Baked Potatoes Makeover

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



5

CALORIES



273 kcal

SIDE DISH

Ingredients

- 2.3 lb baking potatoes
- 0.3 cup knudsen cream light sour
- 1 tsp grey poupon dijon mustard
- 0.5 cup chicken broth fat-free reduced-sodium
- 3 green onions thinly sliced
- 0.3 tsp paprika
- 1 cup milk sharp cheddar cheese shredded 2% divided kraft

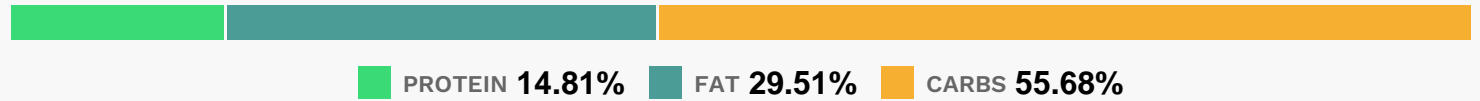
Equipment

- bowl
- oven
- knife
- blender

Directions

- Heat oven to 400F.
- Pierce potatoes in several places with tip of sharp knife.
- Bake 1 to 1-1/4 hours or until tender. Cool 10 min.
- Cut potatoes lengthwise in half; scoop out centers into medium bowl, leaving 1/4-inch-thick shells.
- Add broth, 1/2 cup cheese, onions, sour cream and mustard to potato pulp; beat with mixer until blended. Spoon into potato shells; top with remaining cheese and paprika.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:38.15, Glycemic Load:29.27, Inflammation Score:-5, Nutrition Score:12.969130360562%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 273.25kcal (13.66%), Fat: 9.17g (14.1%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 36g (13.09%), Sugar: 1.59g (1.77%), Cholesterol: 26.63mg (8.88%), Sodium: 272.63mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Vitamin B6: 0.73mg (36.64%), Potassium: 923.75mg (26.39%), Phosphorus: 230.54mg (23.05%), Calcium: 209.52mg (20.95%), Vitamin K: 19.29µg (18.37%), Manganese: 0.34mg (17.14%), Vitamin C: 13.1mg (15.87%), Magnesium: 56.55mg (14.14%), Vitamin B1: 0.19mg (12.42%), Selenium: 8.46µg (12.08%), Fiber: 2.92g (11.7%), Vitamin B3: 2.31mg (11.57%), Copper: 0.23mg (11.57%), Vitamin B2: 0.19mg (11.38%), Iron: 1.98mg (10.99%), Zinc: 1.52mg (10.15%), Folate: 39.55µg (9.89%), Vitamin A: 395.35IU (7.91%), Vitamin B5: 0.75mg (7.46%), Vitamin B12: 0.33µg (5.55%), Vitamin E: 0.3mg (2.01%), Vitamin D:

0.16µg (1.06%)