



Twice-Baked Potatoes with Bacon

 Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 lb baking potatoes
- 4 oz philadelphia cream cheese cubed ()
- 0.5 cup milk

Equipment

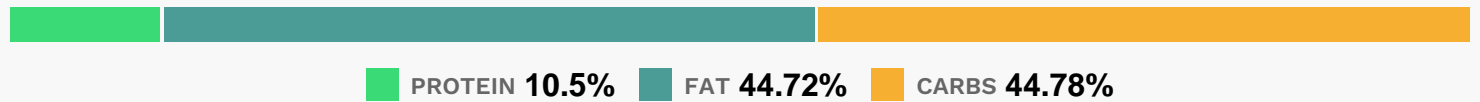
- bowl
- oven
- blender

baking pan

Directions

- Heat oven to 400F.
- Prick potatoes in several places with fork.
- Bake 1 hour. Reduce oven temperature to 350F.
- Cut thin slice from top of each potato. Discard tops; scoop out centers into medium bowl, leaving 1/8-inch-thick shells. Beat potato flesh with mixer 1 min.
- Add milk and cream cheese; beat until fluffy. Spoon into potato shells; top with bacon.
- Place in shallow baking dish.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:33.2, Inflammation Score:-5, Nutrition Score:13.053043552067%

Nutrients (% of daily need)

Calories: 388.43kcal (19.42%), Fat: 19.64g (30.22%), Saturated Fat: 9.28g (57.99%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 41.3g (15.02%), Sugar: 3.94g (4.38%), Cholesterol: 46.81mg (15.6%), Sodium: 257.59mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.75%), Vitamin B6: 0.88mg (43.77%), Potassium: 1072.47mg (30.64%), Phosphorus: 217.56mg (21.76%), Manganese: 0.36mg (18.14%), Vitamin B1: 0.27mg (18.02%), Vitamin B3: 3.29mg (16.45%), Vitamin C: 12.93mg (15.67%), Magnesium: 61.01mg (15.25%), Copper: 0.25mg (12.41%), Selenium: 8.35µg (11.92%), Fiber: 2.95g (11.79%), Vitamin B2: 0.2mg (11.76%), Iron: 2.07mg (11.51%), Vitamin B5: 1.08mg (10.8%), Calcium: 95.6mg (9.56%), Vitamin A: 440.55IU (8.81%), Folate: 34.3µg (8.58%), Zinc: 1.18mg (7.89%), Vitamin B12: 0.34µg (5.62%), Vitamin K: 4.77µg (4.54%), Vitamin D: 0.42µg (2.82%), Vitamin E: 0.38mg (2.51%)