



HEALTH SCORE

53%

Twice Baked Potatoes with Cheese and Bacon



Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



2176 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon crispy cooked chopped
- ☐ 0.5 cup fontina shredded
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 cups heavy cream
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 3 large potatoes peeled quartered
- ☐ 2 servings salt and pepper black freshly ground

- ☐ 1 tablespoon paprika smoked
- ☐ 1 stick butter unsalted cut into cubes

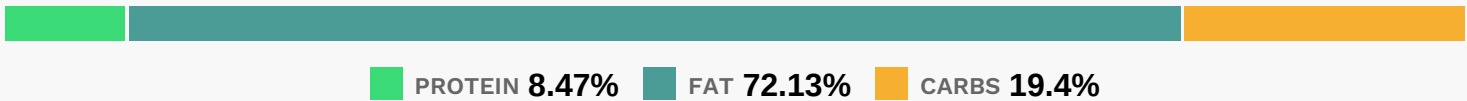
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ ramekin
- ☐ potato ricer

Directions

- ☐ Place the potatoes in a pot and cover with water. Bring to a boil and cook until the potatoes are very tender, 20 to 25 minutes.
- ☐ In a small saucepan, combine the cream and garlic and bring to a simmer over low heat. Turn off the heat and let steep.
- ☐ When the potatoes are done, press them through a potato ricer into a large bowl.
- ☐ Add the butter and slowly fold in the garlic-infused cream. Taste and add salt and pepper.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Transfer the potatoes into 2 ovenproof ramekins or small bowls. Top each with the cheeses and paprika.
- ☐ Bake until the cheese is melted and bubbly, 10 to 15 minutes. Top each serving with the bacon and chives and serve hot.

Nutrition Facts



Properties

Glycemic Index:129.88, Glycemic Load:71.29, Inflammation Score:-10, Nutrition Score:51.530435396277%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 2175.9kcal (108.8%), Fat: 177.56g (273.17%), Saturated Fat: 106.96g (668.53%), Carbohydrates: 107.46g (35.82%), Net Carbohydrates: 93.97g (34.17%), Sugar: 12.5g (13.89%), Cholesterol: 508.02mg (169.34%), Sodium: 1000.67mg (43.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.91g (93.83%), Vitamin A: 7463.53IU (149.27%), Vitamin C: 111.84mg (135.56%), Vitamin B6: 2mg (100.14%), Phosphorus: 909.81mg (90.98%), Calcium: 854.8mg (85.48%), Potassium: 2815.48mg (80.44%), Vitamin B2: 1.01mg (59.63%), Fiber: 13.49g (53.97%), Manganese: 0.97mg (48.31%), Selenium: 31.64µg (45.2%), Magnesium: 177.66mg (44.41%), Vitamin B1: 0.65mg (43.06%), Vitamin B3: 8.26mg (41.28%), Zinc: 5.77mg (38.5%), Vitamin D: 5.37µg (35.79%), Copper: 0.71mg (35.55%), Iron: 6.03mg (33.49%), Vitamin E: 5mg (33.37%), Vitamin B5: 2.91mg (29.15%), Vitamin K: 30.55µg (29.1%), Folate: 115.28µg (28.82%), Vitamin B12: 1.72µg (28.67%)