



Twice-Baked Potatoes with Goat Cheese and Chives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chives fresh chopped
- ☐ 5.5 ounces goat cheese fresh crumbled soft (such as Montrachet)
- ☐ 0.8 cup half and half
- ☐ 48 ounce russet potatoes scrubbed
- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 teaspoons vegetable oil

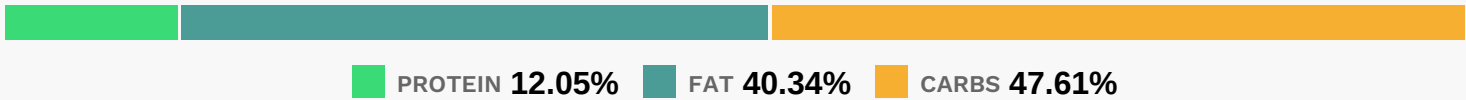
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ pastry bag
- ☐ serrated knife
- ☐ oven mitt

Directions

- ☐ Position rack in center of oven; preheat to 375°F. Rub oil over potatoes. Pierce in several spots with fork.
- ☐ Place directly on oven rack; bake until very tender, about 45 minutes.
- ☐ Transfer to rack; cool 10 minutes. Using oven mitts, grasp 1 potato in hand. Using serrated knife, cut off top 1/4 of potato. Using spoon, scoop out potato, leaving 1/2-inch-thick shell; transfer potato flesh to large bowl. Repeat with remaining potatoes. Mash potatoes until smooth.
- ☐ Mix in cheese, then half and half, butter, and chives. Season with salt and pepper.
- ☐ Spoon about 3/4 of potato mixture into shells, dividing evenly.
- ☐ Transfer remaining potato filling to pastry bag fitted with large star tip. Pipe filling atop potatoes.
- ☐ Place potatoes on baking sheet. (Can be made 1 day ahead. Cover loosely with plastic wrap and refrigerate.)
- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Bake potatoes until filling is heated through and tops brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.22, Glycemic Load:24.18, Inflammation Score:-5, Nutrition Score:9.8456522381824%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 260.99kcal (13.05%), Fat: 11.96g (18.41%), Saturated Fat: 7.31g (45.67%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 29.52g (10.74%), Sugar: 2.19g (2.43%), Cholesterol: 28.19mg (9.4%), Sodium: 94.68mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin B6: 0.65mg (32.43%), Potassium: 748.91mg (21.4%), Phosphorus: 166.91mg (16.69%), Copper: 0.32mg (16.13%), Manganese: 0.29mg (14.56%), Vitamin C: 10.55mg (12.79%), Magnesium: 45.09mg (11.27%), Vitamin B1: 0.16mg (10.74%), Vitamin B2: 0.18mg (10.43%), Iron: 1.86mg (10.35%), Vitamin B3: 1.88mg (9.39%), Vitamin A: 463.52IU (9.27%), Fiber: 2.24g (8.96%), Vitamin K: 8.02µg (7.64%), Calcium: 75.97mg (7.6%), Vitamin B5: 0.72mg (7.2%), Folate: 28.17µg (7.04%), Zinc: 0.77mg (5.15%), Selenium: 2.01µg (2.88%), Vitamin E: 0.3mg (2.01%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.16µg (1.04%)