



Twice-Baked Spinach Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 ounces baking potatoes
- 0.3 teaspoon pepper black
- 4 ounces cream cheese light tub-style
- 0.5 cup milk 1% low-fat
- 0.3 cup onion finely chopped
- 0.3 teaspoon salt
- 7 ounces sharp cheddar cheese shredded divided reduced-fat
- 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

- bowl
- baking sheet
- oven
- whisk
- potato masher

Directions

- Preheat oven to 40
- Pierce potatoes with a fork, and bake at 400 for 1 hour and 15 minutes or until tender. Cool.
- Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Mash pulp with a potato masher.
- Combine milk and cream cheese in a large bowl, and stir with a whisk.
- Add potato pulp, 1 cup cheddar cheese, onion, salt, pepper, and spinach; stir well. Spoon potato mixture into shells; sprinkle each half with 2 tablespoons cheddar cheese.
- Place stuffed potatoes on a baking sheet; bake at 400 for 15 minutes or until thoroughly heated.
- Garnish with green onions, if desired.

Nutrition Facts



PROTEIN 17.94% **FAT 38.91%** **CARBS 43.15%**

Properties

Glycemic Index:28.46, Glycemic Load:24.54, Inflammation Score:-10, Nutrition Score:25.464347870454%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 332.34kcal (16.62%), Fat: 14.74g (22.67%), Saturated Fat: 8.25g (51.56%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 33.05g (12.02%), Sugar: 3.83g (4.25%), Cholesterol: 44.26mg (14.75%), Sodium: 432.47mg (18.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.58%), Vitamin K: 180.01µg (171.44%), Vitamin A: 6017.01IU (120.34%), Calcium: 371.61mg (37.16%), Vitamin B6: 0.72mg (35.97%), Phosphorus: 319.24mg (31.92%), Manganese: 0.63mg (31.26%), Potassium: 987.07mg (28.2%), Folate: 104.54µg (26.13%), Magnesium: 88.17mg (22.04%), Vitamin B2: 0.37mg (21.9%), Selenium: 14.08µg (20.12%), Vitamin C: 12.79mg (15.5%), Fiber: 3.72g (14.86%), Zinc: 2.18mg (14.51%), Vitamin B1: 0.22mg (14.36%), Iron: 2.46mg (13.69%), Copper: 0.26mg (13.21%), Vitamin E: 1.69mg (11.28%), Vitamin B12: 0.64µg (10.74%), Vitamin B3: 2.07mg (10.36%), Vitamin B5: 0.93mg (9.33%), Vitamin D: 0.47µg (3.14%)