

Twice-Baked Spuds

 Gluten Free

READY IN



100 min.

SERVINGS



2

CALORIES



419 kcal

SIDE DISH

Ingredients

- 2 large baking potatoes
- 2 tablespoons buttermilk
- 2 tablespoons cream cheese softened
- 1 garlic clove peeled
- 0.3 cup spring onion finely chopped
- 0.1 teaspoon paprika
- 1 tablespoon parmesan cheese grated
- 1 cup parsnips peeled chopped

- 1 pinch pepper
- 1 Dash hot sauce hot
- 0.5 teaspoon salt

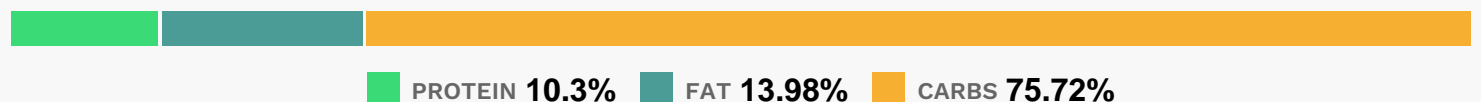
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Bake potatoes at 375° for 1 hour or until tender. Allow to cool.
- Place parsnips and garlic in a small saucepan; cover with water. Bring to a boil over medium heat. Reduce heat; cover and simmer for 20 minutes or until tender.
- Drain and mash.
- Cut a thin slice off the top of each potato; discard. Scoop out the pulp, leaving a thin shell. In a bowl, mash potato pulp with parsnips and garlic. Beat in next five ingredients, using a hand mixer.
- Stir in green onions. Spoon into the potato shells.
- Combine the Parmesan cheese and paprika; sprinkle over top.
- Place on a baking sheet.
- Bake, uncovered, at 375° for 20–30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:151.88, Glycemic Load:57.75, Inflammation Score:-7, Nutrition Score:24.272608513417%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 418.68kcal (20.93%), Fat: 6.73g (10.35%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 82g (27.33%), Net Carbohydrates: 73.53g (26.74%), Sugar: 7.08g (7.87%), Cholesterol: 18.47mg (6.16%), Sodium: 715.17mg (31.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.31%), Vitamin B6: 1.38mg (68.88%), Potassium: 1876.32mg (53.61%), Manganese: 1.01mg (50.55%), Vitamin K: 48.08µg (45.79%), Vitamin C: 35.19mg (42.66%), Fiber: 8.47g (33.87%), Phosphorus: 301.68mg (30.17%), Magnesium: 111.04mg (27.76%), Folate: 106.54µg (26.63%), Vitamin B1: 0.38mg (25.59%), Copper: 0.48mg (24.21%), Vitamin B3: 4.4mg (22.01%), Iron: 3.84mg (21.36%), Vitamin B5: 1.68mg (16.8%), Vitamin B2: 0.24mg (13.89%), Calcium: 137.91mg (13.79%), Zinc: 1.77mg (11.83%), Vitamin A: 431.48IU (8.63%), Vitamin E: 1.28mg (8.55%), Selenium: 5.65µg (8.07%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.21µg (1.38%)