



Twice-Baked Sweet Potatoes with Cheddar and Bacon

 Gluten Free

READY IN



50 min.

SERVINGS



25

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 0.3 cup chives chopped
- ☐ 2 plum tomatoes seeded chopped
- ☐ 25 servings salt
- ☐ 2 cups cheddar shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 medium sweet potatoes scrubbed

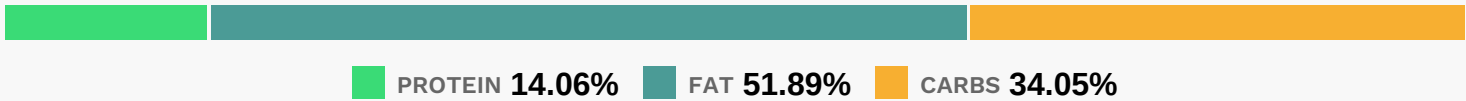
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 425F. Line a baking sheet with foil. Pierce potatoes all over with a fork and place on a microwavable plate. Microwave on high until tender, 12 to 14 minutes, turning once.
- ☐ Let cool slightly.
- ☐ In a large skillet over medium-high heat, cook bacon, turning, until crisp, about 8 minutes.
- ☐ Transfer to a paper towel-lined plate to drain. When cool enough to handle, crumble bacon.
- ☐ Cut a thin slice off top of each potato and discard. Spoon insides of each potato into a bowl. Stir in 3/4 of cheese plus sour cream, chives, bacon and tomatoes. Season with salt. Spoon into potato skins (filling will mound up very high).
- ☐ Place on baking sheet, sprinkle tops of potatoes with remaining 1/4 of Cheddar and bake until cheese is golden brown and bubbling, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:7.5430434877458%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg,

Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 92.78kcal (4.64%), Fat: 5.39g (8.3%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 7.96g (2.65%), Net
Carbohydrates: 6.81g (2.48%), Sugar: 1.84g (2.04%), Cholesterol: 14.08mg (4.69%), Sodium: 297.79mg (12.95%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin A: 5309.29IU (106.19%), Calcium:
80.57mg (8.06%), Phosphorus: 68.39mg (6.84%), Selenium: 3.66µg (5.22%), Manganese: 0.1mg (5.14%), Vitamin
B6: 0.1mg (4.88%), Fiber: 1.15g (4.62%), Potassium: 154.52mg (4.41%), Vitamin B2: 0.07mg (4.35%), Vitamin B5:
0.37mg (3.67%), Zinc: 0.51mg (3.39%), Magnesium: 13.08mg (3.27%), Copper: 0.06mg (3.18%), Vitamin B1: 0.04mg
(2.91%), Vitamin C: 1.82mg (2.21%), Vitamin K: 2.18µg (2.08%), Vitamin B12: 0.12µg (2.05%), Vitamin B3: 0.38mg
(1.92%), Folate: 7.32µg (1.83%), Iron: 0.27mg (1.52%), Vitamin E: 0.22mg (1.48%)