



Twice-Smoked Potatoes

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

Ingredients

- ☐ 4 servings bacon bits
- ☐ 4 baking potatoes
- ☐ 2 tablespoons cooking oil
- ☐ 4 servings garlic salt
- ☐ 4 servings salt and pepper
- ☐ 4 ounces cheddar shredded plus more for sprinkling
- ☐ 4 ounces cup heavy whipping cream sour

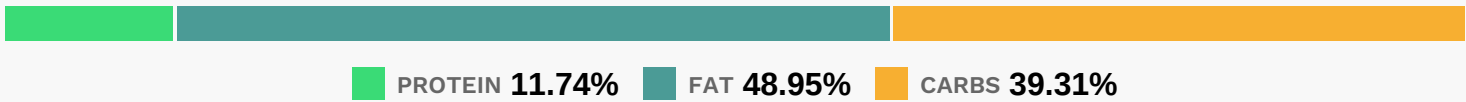
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat the oven to 350 degrees F. Preheat your smoker to 225 degrees F.
- ☐ Wash the potatoes, rub them down with the oil, sprinkle generously with garlic salt, and poke a couple of holes in them.
- ☐ Bake the spuds until tender, about 1 hour.
- ☐ Remove the potatoes and cut them in half lengthwise. Carefully remove the pulp to a bowl and place the skin halves in an aluminum pan.
- ☐ Add the sour cream, cheese, and salt, pepper to the potato pulp and smash together with potato masher. Stuff the reserved potato skins with your mash and sprinkle additional cheese on top (some folks like to add the bacon bits, too).
- ☐ Put them into the smoker for 30 minutes and then serve.

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:30.46, Inflammation Score:-5, Nutrition Score:13.888260753258%

Nutrients (% of daily need)

Calories: 406.71kcal (20.34%), Fat: 22.57g (34.72%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 37.91g (13.78%), Sugar: 2.38g (2.65%), Cholesterol: 45.08mg (15.03%), Sodium: 610.12mg (26.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.18g (24.35%), Vitamin B6: 0.77mg (38.34%), Phosphorus: 270.71mg (27.07%), Potassium: 947.01mg (27.06%), Calcium: 258mg (25.8%), Manganese: 0.34mg (17.07%), Magnesium: 60.44mg (15.11%), Vitamin C: 12.42mg (15.05%), Vitamin B2: 0.24mg (14.33%), Selenium: 10µg (14.28%), Vitamin B1: 0.19mg (12.97%), Copper: 0.24mg (11.98%), Zinc: 1.77mg (11.81%), Fiber: 2.87g (11.48%), Vitamin B3: 2.26mg (11.31%), Vitamin E: 1.64mg (10.9%), Iron: 1.91mg (10.6%), Folate: 38.74µg (9.69%), Vitamin K: 9.93µg (9.46%), Vitamin A: 462.81IU (9.26%), Vitamin B5: 0.85mg (8.53%), Vitamin B12: 0.37µg (6.2%), Vitamin D: 0.17µg (1.13%)