

Two-Tone Baked Potatoes

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



12

CALORIES



240 kcal

SIDE DISH

Ingredients

- 4 tablespoons chives divided minced
- 0.3 cup milk
- 6 medium baking potatoes
- 1.5 teaspoons salt divided
- 0.8 cup cheddar cheese shredded
- 0.7 cup cream sour divided
- 6 medium sweet potatoes and into

Equipment

- bowl
- baking sheet
- oven

Directions

- Pierce russet and sweet potatoes with a fork.
- Bake at 400° for 60–70 minutes or until tender. Set sweet potatoes aside.
- Cut a third off the top of each russet potato; scoop out pulp, leaving skins intact.
- Place pulp in a bowl; mash with 1/3 cup sour cream, milk, cheese, 2 tablespoons chives and 3/4 teaspoon salt. Set aside.
- Cut off the tip of each sweet potato; scoop out pulp, leaving skins intact. Mash pulp with remaining sour cream, chives and salt. Stuff mixture into half of each potato skin; spoon russet potato filling into other half.
- Place on a baking sheet.
- Bake at 350° for 15–20 minutes or until heated through.

Nutrition Facts

PROTEIN 10.24% **FAT 19.3%** **CARBS 70.46%**

Properties

Glycemic Index:21.06, Glycemic Load:26.53, Inflammation Score:-10, Nutrition Score:15.263478310212%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 239.8kcal (11.99%), Fat: 5.25g (8.07%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 38.3g (13.93%), Sugar: 6.19g (6.87%), Cholesterol: 15.41mg (5.14%), Sodium: 410.92mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin A: 16237.26IU (324.75%), Vitamin B6: 0.62mg (30.96%), Potassium: 859.51mg (24.56%), Manganese: 0.47mg (23.28%), Fiber: 4.8g (19.2%), Phosphorus:

161.17mg (16.12%), Copper: 0.29mg (14.34%), Magnesium: 57.17mg (14.29%), Vitamin B5: 1.33mg (13.25%), Vitamin B1: 0.18mg (12.31%), Calcium: 120.02mg (12%), Vitamin C: 9.48mg (11.49%), Vitamin B2: 0.17mg (9.83%), Iron: 1.64mg (9.13%), Vitamin B3: 1.76mg (8.8%), Folate: 30.64µg (7.66%), Zinc: 0.98mg (6.56%), Vitamin K: 6.46µg (6.15%), Selenium: 3.71µg (5.31%), Vitamin E: 0.41mg (2.74%), Vitamin B12: 0.14µg (2.3%)