



Ultimate Twice-Baked Potatoes

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



416 kcal

SIDE DISH

Ingredients

- 8 slices bacon
- 4 large baking potatoes
- 4 tablespoons butter
- 8 spring onion divided sliced
- 0.5 cup milk
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded divided

1 cup cream sour

Equipment

bowl

frying pan

oven

hand mixer

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bake potatoes in preheated oven for 1 hour.

Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.

Drain, crumble and set aside.

When potatoes are done allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl; save skins. To the potato flesh add sour cream, milk, butter, salt, pepper, 1/2 cup cheese and 1/2 the green onions.

Mix with a hand mixer until well blended and creamy. Spoon the mixture into the potato skins. Top each with remaining cheese, green onions and bacon.

Bake for another 15 minutes.

Nutrition Facts



PROTEIN 10.88% **FAT 54.15%** **CARBS 34.97%**

Properties

Glycemic Index:32.97, Glycemic Load:26.79, Inflammation Score:-6, Nutrition Score:14.192173874897%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 415.54kcal (20.78%), Fat: 25.45g (39.16%), Saturated Fat: 12.48g (77.98%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 34.23g (12.45%), Sugar: 3.19g (3.54%), Cholesterol: 62.49mg (20.83%), Sodium: 454.25mg (19.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin B6: 0.73mg (36.69%), Vitamin K: 29.67µg (28.26%), Potassium: 919.1mg (26.26%), Phosphorus: 241.42mg (24.14%), Calcium: 183.71mg (18.37%), Manganese: 0.33mg (16.64%), Vitamin B1: 0.24mg (15.83%), Vitamin C: 13.03mg (15.8%), Selenium: 10.66µg (15.23%), Vitamin B3: 2.91mg (14.56%), Magnesium: 56.35mg (14.09%), Vitamin B2: 0.22mg (13.09%), Vitamin A: 650.59IU (13.01%), Copper: 0.22mg (11.05%), Fiber: 2.74g (10.97%), Iron: 1.91mg (10.62%), Zinc: 1.53mg (10.17%), Folate: 38.43µg (9.61%), Vitamin B5: 0.91mg (9.08%), Vitamin B12: 0.41µg (6.91%), Vitamin E: 0.57mg (3.77%), Vitamin D: 0.34µg (2.27%)