



Vegan Twice Baked Potatoes



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup dairy-free milk alternative unsweetened as needed plus more
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 2 tablespoons onion minced
- ☐ 0.3 teaspoon paprika
- ☐ 6 servings pepper freshly ground to taste
- ☐ 0.1 teaspoon himalayan pink salt as needed plus more
- ☐ 2 tablespoons bell pepper diced sweet red

- ☐ 3 large very russet potatoes cooled scrubbed (see note)
- ☐ 1 cup beans white drained and rinsed canned cooked (if)

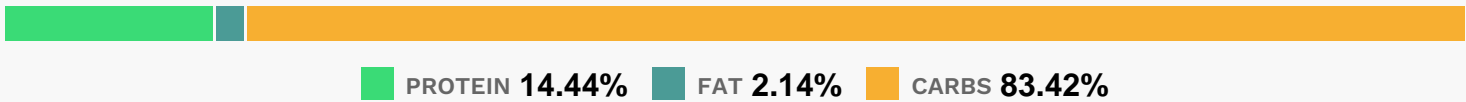
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat your oven to 375°F and line a small, rimmed baking pan with unbleached parchment paper.Slice each potato in half lengthwise. Carefully scoop out the pulp, using a teaspoon or grapefruit spoon, leaving about 1/4-inch of the potato skin and pulp intact.
- ☐ Put the potato pulp, white beans, milk alternative, garlic powder, and 1/8 teaspoon salt in a blender or food processor and process until smooth. If the mixture is still lumpy, add more milk alternative, 1 tablespoon at a time, to achieve a smooth consistency.
- ☐ Put the potato mixture in a medium bowl. Gently stir in the onion and pepper.Using a large spoon or piping bag, spoon or pipe one-sixth of the potato mixture into each potato skin.
- ☐ Place the potatoes on the prepared baking pan.
- ☐ Sprinkle the tops of each potato with paprika, Italian seasoning, salt, and pepper to taste.Tent the baking pan with foil and bake for 40 minutes. Uncover and bake for 15 to 20 minutes or until the tops are crispy and slightly golden. Cool for 5 to 7 minutes before servings.

Nutrition Facts



Properties

Glycemic Index:39.03, Glycemic Load:26.45, Inflammation Score:-5, Nutrition Score:11.583043297996%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 194.7kcal (9.74%), Fat: 0.48g (0.74%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 37.34g (13.58%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 64.77mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin B6: 0.7mg (35.21%), Potassium: 967.04mg (27.63%), Manganese: 0.51mg (25.31%), Vitamin C: 15.44mg (18.72%), Fiber: 4.53g (18.14%), Iron: 2.82mg (15.67%), Magnesium: 62.53mg (15.63%), Copper: 0.29mg (14.62%), Folate: 55.49µg (13.87%), Phosphorus: 137.76mg (13.78%), Vitamin B1: 0.2mg (13.11%), Vitamin B3: 2.32mg (11.62%), Calcium: 67.63mg (6.76%), Zinc: 0.99mg (6.62%), Vitamin B5: 0.64mg (6.42%), Vitamin B2: 0.1mg (5.85%), Vitamin K: 5.28µg (5.03%), Vitamin E: 0.64mg (4.25%), Vitamin A: 180.63IU (3.61%), Selenium: 1.4µg (2%), Vitamin B12: 0.11µg (1.77%)