

Twice-Baked Potato Bake

Publix Aprons

Servings: 8

1 bag (28 ounce) baby potatoes
2 tablespoons canola oil
1/2 teaspoon Kosher salt
1/2 teaspoon pepper
2 tablespoons chives, finely chopped
2/3 cup ranch-style sour cream dip
1 cup Cheddar cheese, shredded
1/2 cup french-fried onions

Preparation Time: 15 minutes

Preheat the oven to 325 degrees.

Toss the potatoes with oil, salt and pepper.
Place in a two-quart baking dish.

Bake for 35 to 40 minutes or until the potatoes are tender when pierced with a fork. Remove from the oven.

Mash the potatoes coarsely with a masher.

Chop the chives. Spread the dip over the potatoes. Top the potatoes with cheese, onions and chives.

Bake 8 to 10 minutes more or until the cheese melts. Serve.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 88 Calories; 8g Fat (82.5% calories from fat); 4g Protein; trace Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 206mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	88	Vitamin B6 (mg):	trace
% Calories from Fat:	82.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	16.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	3mcg
Saturated Fat (g):	3g	Niacin (mg):	trace

Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 15mg
Carbohydrate (g): trace
Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 206mg
Potassium (mg): 18mg
Calcium (mg): 104mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 183IU
Vitamin A (r.e.): 48 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 88 Calories from Fat: 72

% Daily Values*

Total Fat 8g			12%
Saturated Fat 3g			16%
Cholesterol 15mg			5%
Sodium 206mg			9%
Total Carbohydrates trace			0%
Dietary Fiber trace			0%
Protein 4g			
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Vitamin A			4%
Vitamin C			1%
Calcium			10%
Iron			1%

* Percent Daily Values are based on a 2000 calorie diet.