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Idaho Bronco ·

The Idaho Bronco is a classic recipe that originated in Idaho. It is a regular recipe that is not vegan or vegetarian. The recipe is known for its delicious flavor and hearty ingredients.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 30 mins Total Time: 45 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
200 g	bacon
200 g	Cheddar Cheese
100 g	sour cream
50 g	Green Onions

5 g	Salt
2 g	Pepper

Directions

Step 1



Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



Wash and scrub the potatoes. Pierce them with a fork and place them on a baking sheet.

Prep Time: 5 mins

Cook Time: 30 mins

Step 3



Bake the potatoes for 30 minutes or until they are tender.

Prep Time: 0 mins

Cook Time: 30 mins

Step 4

Stove

While the potatoes are baking, cook the bacon in a skillet until crispy. Remove from the skillet and crumble it.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5



Once the potatoes are cooked, cut them in half lengthwise. Scoop out the flesh, leaving a thin layer of potato on the skin.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6



In a bowl, mash the potato flesh with sour cream, cheddar cheese, green onions, crumbled bacon, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7



Fill the potato skins with the mashed potato mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8



Place the filled potato skins back on the baking sheet and bake for an additional 10 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 10 mins

Step 9

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

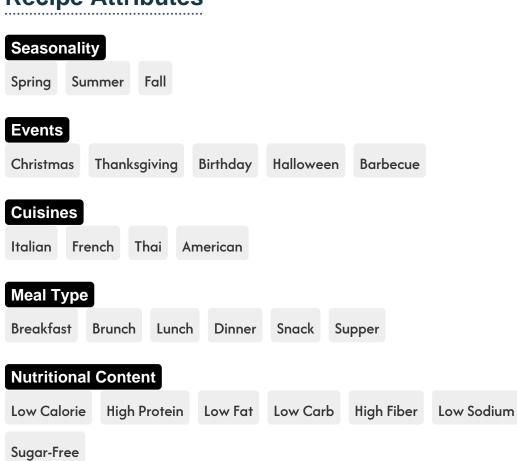
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Difficulty Level

Medium



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