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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

<b>500 g</b>	potatoes
<b>200 g</b>	bacon
<b>200 g</b>	Cheddar Cheese
<b>100 g</b>	sour cream
<b>50 g</b>	Green Onions

5 g	Salt
2 g	Pepper

## Directions

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### Step 1

Oven

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Oven

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

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### Step 3

Oven

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

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## 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

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## Step 5

Cut

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

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## Step 6

Mixing

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

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## Step 7

### Filling

Fill the potato skins with the mashed potato mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

### Oven

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

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## Step 9

### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**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

### Seasonality

Spring Summer Fall

### Events

Christmas Thanksgiving Birthday Halloween Barbecue

### Cuisines

Italian French Thai American

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free

### Difficulty Level

Medium

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