



Healthdor

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Dressed Baked Potato with Cheese ♦♦

A delicious baked potato topped with melted cheese and other flavorful ingredients. This dish is a classic comfort food and is perfect for a hearty meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 60 mins

Total Time: 70 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

800 g	potatoes
200 g	cheddar cheese
50 g	butter
100 g	sour cream
100 g	bacon
50 g	Green Onions

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 60 mins

Step 2

Baking

Wash the potatoes and pierce them with a fork. Place them on a baking sheet and bake for 45-60 minutes, or until tender.

Prep Time: 5 mins

Cook Time: 60 mins

Step 3

Frying

While the potatoes are baking, cook the bacon until crispy. Set aside to cool, then crumble into small pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Cutting

Once the potatoes are cooked, remove them from the oven and let them cool slightly. Cut a slit in the top of each potato and gently squeeze to open.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Top each potato with butter, cheddar cheese, sour cream, crumbled bacon, and chopped green onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serving

Serve the dressed baked potatoes hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 8 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
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	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Thanksgiving Picnic

Kitchen Tools

Slow Cooker

Course

Appetizers Side Dishes Drinks Salads Snacks Sauces & Dressings

Cost

Over \$50

Demographics

Teen Friendly Lactation Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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