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## Broccoli and Cheese Twice Baked Potatoes ♦♦

Broccoli and Cheese Twice Baked Potatoes are a delicious and comforting dish that combines the creaminess of mashed potatoes with the freshness of broccoli and the richness of cheese. They are perfect as a side dish or a main course and can be enjoyed by vegetarians and non-vegetarians alike.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 60 mins

**Total Time:** 90 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

800 g	potatoes
200 g	broccoli
150 g	cheddar cheese
100 g	sour cream

50 g	butter
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 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:** 10 mins

**Cook Time:** 60 mins

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### Step 3

Steaming

While the potatoes are baking, steam the broccoli until tender. Drain and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

Remove the potatoes from the oven and let them cool slightly. Cut them in half lengthwise and scoop out the flesh, leaving a thin shell.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 5

**Mashing**

In a large bowl, mash the potato flesh with butter, sour cream, salt, and pepper until smooth and creamy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

**Stirring**

Stir in the steamed broccoli and grated cheddar cheese.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

Spoon the mixture back into the potato shells, mounding it slightly.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 8

Oven

Place the filled potato shells back on the baking sheet and bake for an additional 15-20 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 20 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:** 15 g

**Protein:** 10 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
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	60 mg	66.67%	80%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	800 mg	23.53%	30.77%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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