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Twice Baked Bean Potatoes ✦

Twice Baked Bean Potatoes are a delicious vegetarian dish made with baked potatoes that are stuffed with a flavorful bean filling. The dish originated in the United States and is often served as a side dish or main course. The potatoes are baked until tender, then the flesh is scooped out and mixed with a mixture of beans, spices, and cheese. The mixture is then stuffed back into the potato skins and baked until golden and crispy. The result is a hearty and satisfying dish that is perfect for any occasion.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g potatoes

400 g canned beans

200 g cheddar cheese

100 g	sour cream
50 g	Green Onions
5 g	garlic powder
5 g	salt
2 g	black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Wash the potatoes and pierce them several times 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

While the potatoes are baking, drain and rinse the canned beans. In a mixing bowl, mash the beans with a fork or potato masher until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Add the sour cream, chopped green onions, garlic powder, salt, and black pepper to the mashed beans. Stir until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Once the potatoes are cooked, remove them from the oven and let them cool slightly. Cut each potato in half lengthwise and scoop out the flesh, leaving a thin shell.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Add the potato flesh to the bean mixture and mix until well combined. Spoon the mixture back into the potato shells.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Sprinkling

Sprinkle the cheddar cheese on top of the stuffed potatoes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Baking

Place the stuffed potatoes back on the baking sheet and return them to the oven. Bake for an additional 10-15 minutes, or until the cheese is melted and bubbly.

Prep Time: 5 mins

Cook Time: 15 mins

Step 9

Cooling

Remove the potatoes from the oven and let them cool for a few minutes before serving.
Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 12 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
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	4 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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
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	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Mother's Day

Barbecue

Picnic

Game Day

Cuisines

American

Course

Appetizers

Side Dishes

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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