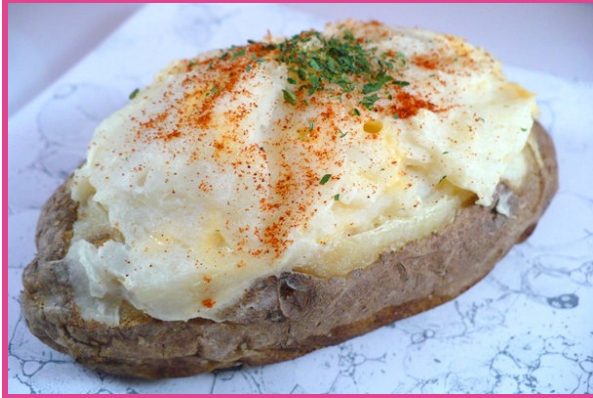




2-Good Twice-Baked Potato



1 potato: 226 calories, 0.5g total fat (0g sat fat), 335mg sodium, 46g carbs, 5g fiber, 4g sugars, 9g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Prep: 5 minutes **Cook:** 40 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

One 8-oz. baking potato
2 tbsp. fat-free liquid non-dairy creamer
1 slice fat-free American cheese
Optional seasonings: salt, black pepper, paprika, parsley

Directions

Preheat oven to 375 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Puncture potato in several places with a fork. Peel the skin off the top and place potato on a microwave-safe plate. Microwave for 6 minutes, or until soft.

Scoop out the insides and transfer to a small bowl. Set the empty potato "shell" aside.

Add creamer and cheese to the bowl, breaking the cheese into pieces. Thoroughly mash. Spoon mixture into the potato shell.

Place potato in the baking pan and bake until top has lightly browned, 20 to 30 minutes. Time to eat!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.