



Baked Potato Skins On Caesar Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds baking potatoes
- ☐ 1 cup creamy caesar salad dressing fat-free divided
- ☐ 4 slices bacon crumbled cooked
- ☐ 0.3 cup green onions sliced
- ☐ 0.3 cup 0%-less-fat cream sour (such as Daisy)
- ☐ 2 tablespoons horseradish mustard
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 20 ounce romaine salad

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4 ounces sharp cheddar cheese shredded reduced-fat

Equipment

☐

baking sheet

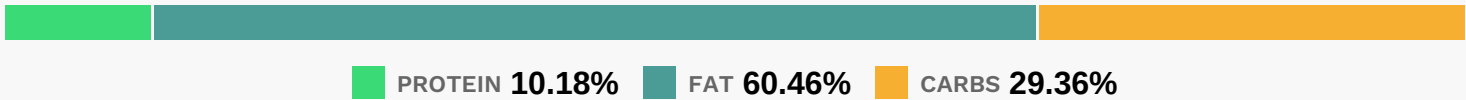
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oven

Directions

- ☐
- Bake potatoes at 425 for 1 hour or until done; let cool slightly. Increase oven temperature to 47
- ☐
- Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Reserve pulp for another use.
- ☐
- Cut each shell lengthwise into four pieces.
- ☐
- Combine sour cream, 2 tablespoons salad dressing, and pepper; set aside.
- ☐
- Place potato shells on a baking sheet; spread shells evenly with horseradish mustard.
- ☐
- Sprinkle evenly with cheese and top with crumbled bacon.
- ☐
- Bake at 475 for 13 minutes or until shells are lightly browned and cheese melts.
- ☐
- Combine lettuce and remaining salad dressing; toss well.
- ☐
- Place 2 cups lettuce mixture on each of six plates; top each with 4 potato pieces.
- ☐
- Drizzle each with 1 tablespoon sour cream mixture and 2 teaspoons green onions.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:22.37, Inflammation Score:-10, Nutrition Score:23.612608629724%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 465.86kcal (23.29%), Fat: 31.83g (48.96%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 34.77g (11.59%), Net Carbohydrates: 30.26g (11%), Sugar: 4.79g (5.33%), Cholesterol: 41.16mg (13.72%), Sodium: 762.61mg (33.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Vitamin A: 8510.91IU (170.22%), Vitamin K: 150.02µg (142.88%), Folate: 157.85µg (39.46%), Vitamin B6: 0.65mg (32.6%), Potassium: 949.71mg (27.13%), Phosphorus: 239.8mg (23.98%), Calcium: 220.56mg (22.06%), Manganese: 0.44mg (22.01%), Fiber: 4.51g (18.04%), Selenium: 11.52µg (16.45%), Vitamin B1: 0.25mg (16.43%), Vitamin C: 13.4mg (16.24%), Iron: 2.88mg (16.01%), Magnesium: 59.81mg (14.95%), Vitamin E: 2.21mg (14.72%), Vitamin B2: 0.24mg (13.87%), Vitamin B3: 2.51mg (12.53%), Copper: 0.23mg (11.31%), Zinc: 1.65mg (11.01%), Vitamin B5: 0.81mg (8.09%), Vitamin B12: 0.3µg (5%), Vitamin D: 0.18µg (1.2%)