



Buffalo Chicken Potato Skins



Gluten Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



593 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium baking potatoes such as russet scrubbed
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 cup cheese dressing blue
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup cheddar cheese
- ☐ 2 cups meat from a rotisserie chicken cooked
- ☐ 2 green onions sliced
- ☐ 0.5 cup sauce red hot (such as Frank's)

- ☐ 4 servings oil for brushing
- ☐ 4 servings salt and pepper to taste

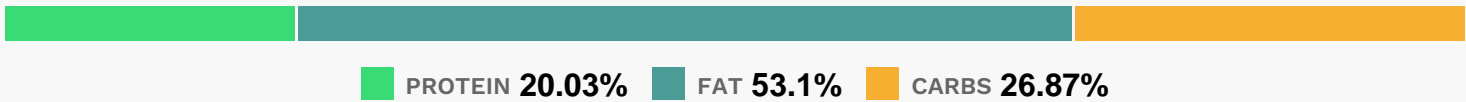
Equipment

- ☐ oven

Directions

- ☐ Prick the potatoes a few times with a fork and bake in a preheated 400F oven until tender, about an hour.
- ☐ Let the potatoes cool, cut in half and scoop out the middle leaving about 1/8 inch of potato on the skin. Reserve the scooped out potato for another use like mashed potatoes.
- ☐ Brush the potato skins all over with the oil and bake in a preheated 450F over for 10 minutes on each side.
- ☐ Mix the hot sauce and the melted butter and then mix in the chicken. Season the inside of the potato skins with salt and pepper, fill with the chicken and sprinkle on the cheeses. Broil until the cheese has melted, just a few minutes.
- ☐ Serve while still warm, garnished with green onions and with a side celery and carrot sticks and some blue cheese sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:30.57, Inflammation Score:-6, Nutrition Score:20.366956456848%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 593.4kcal (29.67%), Fat: 35.25g (54.23%), Saturated Fat: 12.22g (76.35%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 37.19g (13.52%), Sugar: 2.03g (2.25%), Cholesterol: 94.48mg (31.49%), Sodium: 1652.93mg (71.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.84%), Vitamin B6: 1.07mg (53.33%), Phosphorus: 398.16mg (39.82%), Vitamin B3: 7.94mg (39.71%), Selenium: 24.87µg (35.53%), Potassium:

1121.63mg (32.05%), Vitamin K: 28.3µg (26.95%), Calcium: 244.8mg (24.48%), Vitamin E: 2.85mg (19.02%), Vitamin B2: 0.32mg (18.97%), Magnesium: 73.8mg (18.45%), Zinc: 2.72mg (18.12%), Manganese: 0.36mg (17.97%), Vitamin B5: 1.68mg (16.84%), Iron: 2.92mg (16.23%), Vitamin C: 13.31mg (16.14%), Vitamin B1: 0.23mg (15.58%), Copper: 0.28mg (13.87%), Folate: 46.87µg (11.72%), Fiber: 2.92g (11.7%), Vitamin A: 536.33IU (10.73%), Vitamin B12: 0.61µg (10.1%), Vitamin D: 0.17µg (1.13%)