



## Cheesy Bacon Potato Skins

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



398 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 slices bacon cut into 1/2 inch pieces
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 teaspoon paprika
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 2 lb potatoes
- ☐ 0.5 teaspoon salt

- ☐ 8 oz cheddar cheese shredded
- ☐ 0.5 cup cream sour
- ☐ 3 tablespoons vegetable oil
- ☐ 8 servings vegetable oil for deep frying

## Equipment

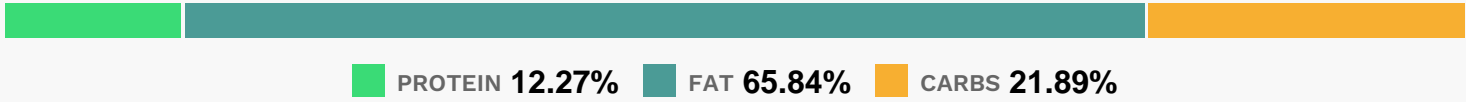
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave
- ☐ glass baking pan
- ☐ deep fryer

## Directions

- ☐ In 10-inch skillet, cook bacon over medium heat, stirring occasionally, until bacon is crisp; drain on paper towels.
- ☐ Meanwhile, gently scrub potatoes, but do not peel. Pierce potatoes to allow steam to escape.
- ☐ Place on microwavable paper towels. Arrange in spoke pattern with narrow ends in center. Microwave 12 to 14 minutes, turning once, until tender. Cover; let stand 5 minutes.
- ☐ When potatoes are cool enough to handle, cut lengthwise in halves; carefully scoop out pulp, leaving ¼-inch shells. Save potato pulp for another use.
- ☐ In small bowl, mix oil, salt, garlic powder, paprika, cheese and pepper.
- ☐ Brush mixture over skins.
- ☐ In deep fryer or 3-quart heavy saucepan, heat oil to 365F. Fry in batches for 5 minutes.
- ☐ Drain on paper towels. (Make Ahead tip: Potatoes can be prepared up to this point and refrigerated for up to 24 hours before continuing to step 6.)
- ☐ One hour before serving allow potatoes to come to room temperature.

- ☐
- Heat oven to 450 F. Lightly spray 13x9-inch (3 quart) glass baking dish.
- ☐
- Place potato skins, skin side up, in baking dish.
- ☐
- Bake 8 minutes. Turn potato skins over and fill with cheese and bacon.
- ☐
- Bake 7 to 8 minutes or until cheese is melted. Top with sour cream and green onions.

## Nutrition Facts



## Properties

Glycemic Index:24.34, Glycemic Load:14.76, Inflammation Score:-5, Nutrition Score:12.462173824725%

## Flavonoids

Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 397.55kcal (19.88%), Fat: 29.35g (45.16%), Saturated Fat: 11.15g (69.72%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 19.31g (7.02%), Sugar: 1.57g (1.75%), Cholesterol: 51.89mg (17.3%), Sodium: 499.36mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Vitamin C: 23.25mg (28.19%), Vitamin K: 26.32µg (25.06%), Phosphorus: 243.22mg (24.32%), Calcium: 238.63mg (23.86%), Vitamin B6: 0.42mg (21.23%), Selenium: 13.59µg (19.41%), Potassium: 576.4mg (16.47%), Vitamin B2: 0.21mg (12.34%), Zinc: 1.73mg (11.51%), Vitamin B1: 0.17mg (11.04%), Vitamin B3: 2.14mg (10.69%), Fiber: 2.64g (10.56%), Magnesium: 39.11mg (9.78%), Manganese: 0.19mg (9.69%), Vitamin A: 461.93IU (9.24%), Vitamin B12: 0.45µg (7.49%), Copper: 0.15mg (7.44%), Vitamin E: 1.06mg (7.1%), Folate: 27.74µg (6.94%), Vitamin B5: 0.63mg (6.31%), Iron: 1.12mg (6.22%), Vitamin D: 0.26µg (1.74%)