



Cheesy chipotle potato skins



Vegetarian



Gluten Free



Very Healthy

READY IN



95 min.

SERVINGS



2

CALORIES



601 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium potatoes
- ☐ 0.5 onion red chopped
- ☐ 1 juice of lime
- ☐ 1 tbsp olive oil
- ☐ 227 g tomatoes chopped canned
- ☐ 1 tbsp chipotle paste
- ☐ 75 g mature cheddar grated
- ☐ 1 chilli green red thinly sliced

- ☐ 1 small handful coriander leaves

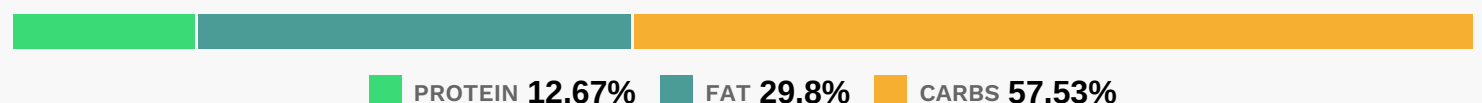
Equipment

- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Pierce the potatoes all over and put on a baking tray.
- ☐ Bake for 1 hr until tender.
- ☐ Remove from the oven and leave until theyre cool enough to handle. Can be done up to 1 day before.
- ☐ Mix the onion with the lime juice and a good pinch of salt. Leave to steep for 30 mins, or up to 1 day.
- ☐ Cut the potatoes in half and scoop out most of the fluffy middles, leaving a thin layer of potato on the skins (you can freeze the scooped-out potato for making mash, soup or fish cakes).
- ☐ Cut each potato half in half again and toss in the oil and plenty of seasoning. Return to the oven for 15 mins to crisp up.
- ☐ Sieve the tomatoes to drain off any excess juice (save this for another recipe, if you like). Tip the drained tomatoes into a bowl and mix in the chipotle paste.
- ☐ Remove the potato skins from the oven, dollop the tomato mixture all over, then scatter over the cheese and chilli. Return to the oven for 5 mins until the cheese has melted. Scatter with the coriander and drained onions.

Nutrition Facts



Properties

Glycemic Index:103.88, Glycemic Load:57.62, Inflammation Score:-9, Nutrition Score:32.356521896694%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg

Nutrients (% of daily need)

Calories: 600.51kcal (30.03%), Fat: 20.5g (31.54%), Saturated Fat: 8.34g (52.09%), Carbohydrates: 89.02g (29.67%), Net Carbohydrates: 76.16g (27.7%), Sugar: 10.63g (11.81%), Cholesterol: 37.5mg (12.5%), Sodium: 498.09mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.22%), Vitamin C: 104.14mg (126.23%), Vitamin B6: 1.49mg (74.73%), Potassium: 2223.08mg (63.52%), Fiber: 12.85g (51.42%), Phosphorus: 461.92mg (46.19%), Manganese: 0.91mg (45.5%), Calcium: 364.67mg (36.47%), Copper: 0.7mg (34.97%), Magnesium: 135.27mg (33.82%), Vitamin B1: 0.45mg (30.3%), Vitamin B3: 5.97mg (29.86%), Iron: 5mg (27.8%), Folate: 98.75µg (24.69%), Vitamin K: 25.62µg (24.4%), Vitamin B2: 0.37mg (21.98%), Zinc: 2.99mg (19.91%), Vitamin E: 2.84mg (18.93%), Selenium: 12.74µg (18.2%), Vitamin B5: 1.79mg (17.95%), Vitamin A: 771.3IU (15.43%), Vitamin B12: 0.4µg (6.63%), Vitamin D: 0.22µg (1.5%)