



Cheesy Potato Skins

 Gluten Free

READY IN



101 min.

SERVINGS



8

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds potatoes
- ☐ 2 tablespoons butter melted
- ☐ 4 ounces cheddar cheese shredded
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup spring onion sliced

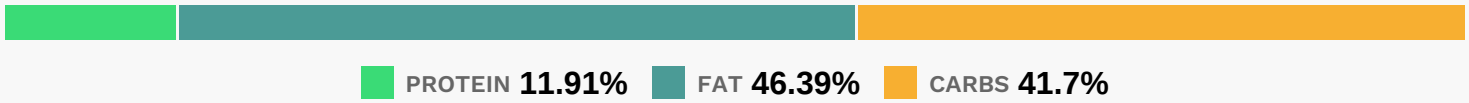
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Heat oven to 375°F. Pierce potatoes to allow steam to escape.
- ☐ Bake 1 hour to 1 hour 15 minutes or until tender.
- ☐ Let stand until cool enough to handle.
- ☐ Cut potatoes lengthwise into fourths; carefully scoop out pulp, leaving 1/4-inch shells. Save potato pulp for another use.
- ☐ Set oven control to broil.
- ☐ Place potato shells, skin sides down, on rack in broiler pan.
- ☐ Brush with butter.
- ☐ Broil with tops 4 to 5 inches from heat about 5 minutes or until crisp and brown.
- ☐ Sprinkle with cheese. Broil about 30 seconds or until cheese is melted.
- ☐ Serve hot with sour cream and onions.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:14.69, Inflammation Score:-5, Nutrition Score:8.8473912762559%

Flavonoids

Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 200.78kcal (10.04%), Fat: 10.54g (16.21%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 18.66g (6.78%), Sugar: 1.57g (1.74%), Cholesterol: 22.66mg (7.55%), Sodium: 137.97mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin C: 23.65mg (28.67%), Vitamin B6: 0.35mg (17.72%), Potassium: 525.01mg (15%), Vitamin K: 15.65µg (14.9%), Phosphorus: 143.6mg (14.36%), Calcium: 133.89mg (13.39%), Fiber: 2.66g (10.63%), Manganese: 0.19mg (9.32%), Vitamin A: 421.36IU (8.43%), Magnesium: 32.7mg (8.18%), Vitamin B2: 0.13mg (7.6%), Selenium: 4.92µg (7.03%), Vitamin B1: 0.1mg (6.77%), Copper: 0.13mg (6.75%), Folate: 26.02µg (6.5%), Vitamin B3: 1.25mg (6.25%), Zinc: 0.92mg (6.14%), Iron: 1.01mg (5.61%), Vitamin B5: 0.45mg (4.5%), Vitamin B12: 0.18µg (3.07%), Vitamin E: 0.32mg (2.1%)