



Cheesy Potato Skins

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons bacon bits
- ☐ 2 spring onion chopped
- ☐ 4 potatoes halved
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup mozzarella cheese shredded

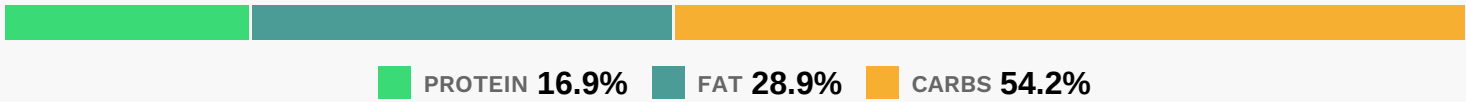
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

Place potatoes on an ungreased baking sheet; sprinkle with cheeses. Top with onions and bacon; heat under broiler until cheese melts.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:27.51, Inflammation Score:-6, Nutrition Score:15.115652257982%

Flavonoids

Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 289.02kcal (14.45%), Fat: 9.41g (14.48%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 34.37g (12.5%), Sugar: 1.99g (2.21%), Cholesterol: 25.18mg (8.4%), Sodium: 281.14mg (12.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.77%), Vitamin C: 43.18mg (52.34%), Vitamin B6: 0.65mg (32.54%), Potassium: 941.95mg (26.91%), Phosphorus: 248.58mg (24.86%), Fiber: 5.34g (21.38%), Calcium: 205.42mg (20.54%), Manganese: 0.34mg (17.06%), Vitamin K: 17.13µg (16.31%), Magnesium: 61.49mg (15.37%), Vitamin B1: 0.21mg (14.1%), Copper: 0.27mg (13.39%), Folate: 48.13µg (12.03%), Vitamin B3: 2.38mg (11.89%), Zinc: 1.66mg (11.07%), Selenium: 7.42µg (10.6%), Vitamin B2: 0.18mg (10.49%), Iron: 1.87mg (10.39%), Vitamin B12: 0.53µg (8.8%), Vitamin B5: 0.71mg (7.13%), Vitamin A: 300.25IU (6.01%), Vitamin E: 0.53mg (3.51%)