

Cook the Book: Potato Skins with Pancetta and Mixed Herbs

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup fontina grated
- ☐ 3 tablespoons herbs: rosemary mixed fresh such as rosemary, sage, and thyme finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 pound pancetta finely chopped
- ☐ 8 baking potatoes small to medium
- ☐ 2 cups sharp cheddar cheese white yellow grated
- ☐ 4 tablespoons butter unsalted

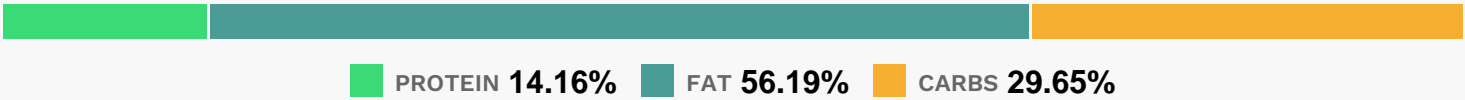
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Place the potatoes on a baking sheet, and rub with the oil.
- ☐ Bake until tender when pierced with a paring knife, 55–60 minutes.
- ☐ Remove from the oven; let stand until cool enough to handle. Reduce oven temperature to 350°F.
- ☐ Cut each potato in half lengthwise, and use a small spoon to scoop out the insides, leaving about ¼-inch border all around. Reserve the insides for another use. Slice each potato shell in half again lengthwise for a total of 32 wedges.
- ☐ In a medium skillet, cook the pancetta over medium heat, stirring frequently, until just starting to turn brown and crisp, 9–10 minutes.
- ☐ Remove from heat; use a slotted spoon to transfer the pancetta to drain on paper towels. Set aside.
- ☐ Melt the butter in a small saucepan.
- ☐ Brush each potato wedge with butter; sprinkle with herb mixture. Cover each wedge with ½ teaspoon of pancetta and a little more herb mixture.
- ☐ Sprinkle the remaining Cheddar and the fontina cheese over the tops.
- ☐ Bake until the cheese is melted and the potatoes are heated through, 8 to 10 minutes.
- ☐ Remove from the oven; serve hot.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:24.43, Inflammation Score:-5, Nutrition Score:13.908695739249%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

Nutrients (% of daily need)

Calories: 425.71kcal (21.29%), Fat: 26.88g (41.35%), Saturated Fat: 13g (81.28%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 29.66g (10.79%), Sugar: 1.35g (1.5%), Cholesterol: 64.92mg (21.64%), Sodium: 413.38mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.47%), Vitamin B6: 0.68mg (33.8%), Phosphorus: 277.6mg (27.76%), Calcium: 258.68mg (25.87%), Vitamin K: 24.87µg (23.68%), Potassium: 789.33mg (22.55%), Selenium: 13.61µg (19.44%), Vitamin B1: 0.21mg (14.2%), Zinc: 2.07mg (13.81%), Manganese: 0.28mg (13.81%), Vitamin C: 11.31mg (13.71%), Vitamin B3: 2.73mg (13.63%), Magnesium: 50.58mg (12.64%), Vitamin B2: 0.2mg (12.02%), Vitamin A: 598.1IU (11.96%), Copper: 0.2mg (9.92%), Vitamin B12: 0.58µg (9.74%), Iron: 1.71mg (9.49%), Fiber: 2.25g (9.02%), Vitamin B5: 0.8mg (8%), Folate: 31.39µg (7.85%), Vitamin E: 0.66mg (4.4%), Vitamin D: 0.39µg (2.6%)