



Crispy baked skins



Vegetarian



Gluten Free



Low Fod Map

READY IN



95 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

Ingredients



4 large baking potatoes



2 tbsp butter unsalted melted

Equipment



baking sheet

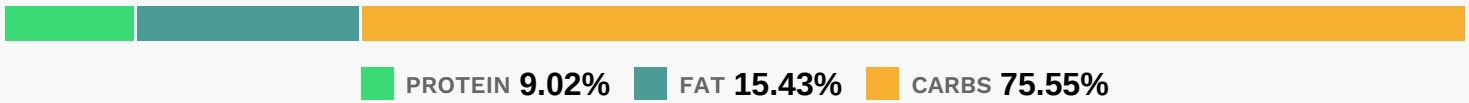


oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Prick potatoes with a fork.
- ☐ Place on a baking sheet, then bake for 1 hr until skins are very crisp and the potato flesh is tender.Turn oven to 200C/fan 180C/gas
- ☐ Cut potatoes in half, scoop out flesh.
- ☐ Cut potato shells into quarters, brush with melted butter. Return to oven for 10–20 mins until crispy.
- ☐ Sprinkle with sea salt and black pepper to serve.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:52.44, Inflammation Score:-5, Nutrition Score:15.545217307365%

Nutrients (% of daily need)

Calories: 342.42kcal (17.12%), Fat: 6.05g (9.31%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 66.68g (22.23%), Net Carbohydrates: 61.89g (22.5%), Sugar: 2.29g (2.55%), Cholesterol: 15.27mg (5.09%), Sodium: 19.23mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.91%), Vitamin B6: 1.27mg (63.66%), Potassium: 1540.43mg (44.01%), Manganese: 0.58mg (28.98%), Vitamin C: 21.03mg (25.49%), Magnesium: 85.01mg (21.25%), Phosphorus: 204.65mg (20.47%), Vitamin B1: 0.3mg (20.2%), Fiber: 4.8g (19.19%), Vitamin B3: 3.82mg (19.11%), Copper: 0.38mg (19.06%), Iron: 3.17mg (17.64%), Folate: 51.87µg (12.97%), Vitamin B5: 1.12mg (11.18%), Vitamin B2: 0.12mg (7.3%), Zinc: 1.08mg (7.18%), Vitamin K: 7.14µg (6.8%), Calcium: 49.67mg (4.97%), Vitamin A: 181.12IU (3.62%), Selenium: 1.55µg (2.21%), Vitamin E: 0.2mg (1.34%)