



Crispy potato skins with creamy chive dip

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

Ingredients

- 6 baking potatoes
- 5 tbsp olive oil
- 284 ml soured cream
- 3 tbsp creamed horseradish
- 4 tbsp chives fresh snipped
- 3 chive stems

Equipment

- bowl

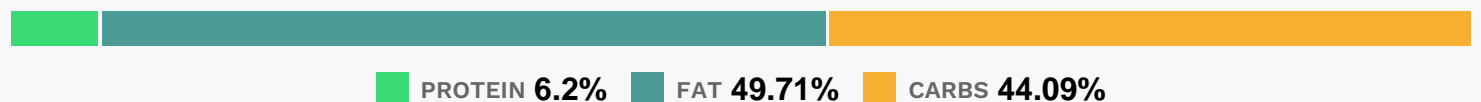
baking sheet

oven

Directions

- Preheat the oven to 200C/Gas 6/fan oven 180C. Roughly prick the potatoes all over with a fork and bake in the oven for about 1 hour or until tender.
- Remove from the oven, leave until cool enough to handle, then cut each potato into eight wedges and put in a large bowl with the olive oil. Season generously.
- Mix well, making sure that each wedge is well coated with oil and seasoning.
- Stand the potato wedges on a large non-stick baking sheet and roast in the oven for 20–30 minutes or until really crispy and golden. Meanwhile, mix the soured cream in a serving bowl with the horseradish and snipped chives.
- Serve the wedges straight from the oven, with the soured cream for dipping.
- Prepare ahead: bake the potatoes and make and chill the dip the day before. Two hours before your party, prepare the potatoes from step 2 and put in the oven half an hour before your guests arrive.
- Stagger the cooking: roast in two batches half before the party starts and half when these have been eaten.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:22.88, Inflammation Score:-4, Nutrition Score:8.9621739076531%

Flavonoids

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: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 275.15kcal (13.76%), Fat: 15.63g (24.04%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 28.87g (10.5%), Sugar: 2.65g (2.95%), Cholesterol: 20.36mg (6.79%), Sodium: 42.54mg (1.85%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin B6: 0.57mg (28.6%), Potassium: 728.77mg (20.82%), Vitamin C: 11.91mg (14.43%), Manganese: 0.27mg (13.43%), Vitamin K: 12.73µg (12.12%), Phosphorus: 116.92mg (11.69%), Magnesium: 42.5mg (10.62%), Vitamin E: 1.41mg (9.41%), Vitamin B1: 0.14mg (9.32%), Fiber: 2.31g (9.24%), Copper: 0.18mg (8.85%), Vitamin B3: 1.72mg (8.6%), Iron: 1.5mg (8.34%), Folate: 29.61µg (7.4%), Vitamin B2: 0.11mg (6.72%), Vitamin B5: 0.61mg (6.08%), Calcium: 60.59mg (6.06%), Vitamin A: 298.34IU (5.97%), Zinc: 0.63mg (4.23%), Selenium: 2.09µg (2.99%), Vitamin B12: 0.07µg (1.21%)