



Daisy Brand Potato Skins

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 small baking potatoes
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons chives fresh diced finely
- ☐ 4 strips bacon crumbled cooked
- ☐ 0.8 cup daisy brand cream sour
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 1.5 cups cheddar cheese shredded

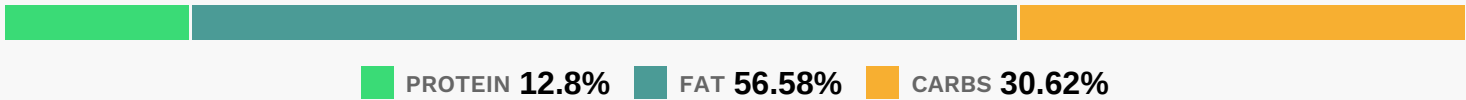
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Lightly grease the outside of potatoes, cut small slit in the top and bake at 425 degrees for 45 minute or until soft.
- ☐ Let stand until cool enough to handle (about 15 minutes).
- ☐ Cut the potatoes in half lengthwise and scoop out the cooked potato, leaving a very thin layer of potato. (Save the cooked potato for mashed potatoes or hash browns.)
- ☐ Brush the outside and inside of skins with melted butter.
- ☐ Sprinkle the inside with seasoned salt and Parmesan cheese.
- ☐ Place on a lightly greased baking sheet.
- ☐ Bake for 8 minutes or until crisp and bubbly. Fill each with Cheddar cheese and bacon.
- ☐ Bake 3 minutes or until the cheese is melted. Top with a dollop of sour cream and sprinkle of chives.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:12.18, Inflammation Score:-4, Nutrition Score:6.5591304716857%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 209.88kcal (10.49%), Fat: 13.42g (20.65%), Saturated Fat: 7.87g (49.18%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 15.23g (5.54%), Sugar: 1.01g (1.13%), Cholesterol: 39.68mg (13.23%), Sodium: 569.91mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin B6: 0.32mg (16.19%),

Phosphorus: 139mg (13.9%), Calcium: 133.03mg (13.3%), Potassium: 396.2mg (11.32%), Selenium: 6.6µg (9.43%),
Vitamin A: 438.41IU (8.77%), Vitamin B2: 0.13mg (7.63%), Manganese: 0.14mg (6.91%), Magnesium: 25.8mg (6.45%),
Zinc: 0.94mg (6.27%), Vitamin B1: 0.09mg (6.15%), Vitamin C: 5.03mg (6.1%), Vitamin B3: 1.18mg (5.9%), Copper:
0.1mg (4.89%), Iron: 0.81mg (4.48%), Fiber: 1.11g (4.44%), Folate: 15.78µg (3.95%), Vitamin B5: 0.39mg (3.89%),
Vitamin B12: 0.22µg (3.72%), Vitamin K: 2.88µg (2.75%), Vitamin D: 0.34µg (2.26%), Vitamin E: 0.32mg (2.16%)