



## Easter Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

### Ingredients

- 8 servings drop natural food coloring green blue red
- 8 servings rice vinegar sour
- 8 baking potatoes white ()
- 8 servings salad oil
- 8 servings salt and pepper

### Equipment

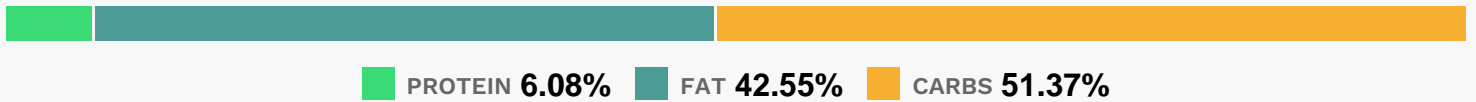
- bowl
- frying pan

- oven
- skewers
- metal skewers

## Directions

- Scrub potatoes and pat dry. Insert a metal skewer into 1 end of each potato.
- Pour each food coloring into a separate small bowl. Use colorings full-strength for intense color, or dilute with a few drops of water for paler hues.
- Hold each potato by its skewer and paint food coloring onto the potato skin in designs, as desired, using small watercolor paintbrushes.
- Lay potatoes on racks to dry, about 10 minutes.
- Remove skewers. Rub potato skin with oil and set in a 10- by 15-inch pan.
- Bake in a 375 oven until potatoes are soft when pressed, 40 to 50 minutes. Pile into a basket and serve hot, split open and seasoned with vinegar, butter, or sour cream, and salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:16.84, Glycemic Load:30.27, Inflammation Score:-3, Nutrition Score:9.9339130044631%

## Nutrients (% of daily need)

Calories: 292.93kcal (14.65%), Fat: 14.17g (21.8%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.72g (12.99%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 204.54mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin B6: 0.73mg (36.74%), Potassium: 888.35mg (25.38%), Manganese: 0.34mg (16.88%), Vitamin E: 2.47mg (16.48%), Vitamin C: 12.14mg (14.72%), Vitamin K: 13.82µg (13.16%), Magnesium: 49.04mg (12.26%), Phosphorus: 117.35mg (11.73%), Vitamin B1: 0.17mg (11.64%), Fiber: 2.77g (11.08%), Vitamin B3: 2.2mg (11.02%), Copper: 0.22mg (10.99%), Iron: 1.83mg (10.19%), Folate: 29.82µg (7.45%), Vitamin B5: 0.64mg (6.41%), Vitamin B2: 0.07mg (4.13%), Zinc: 0.62mg (4.12%), Calcium: 28.11mg (2.81%), Selenium: 0.88µg (1.25%)