



Fontina-Stuffed Potato Skins

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 0.3 cup chives finely chopped
- ☐ 4 ounces fontina shredded
- ☐ 0.3 cup buttermilk reduced-fat
- ☐ 6 tablespoons parmigiano-reggiano cheese fresh grated
- ☐ 3.3 pounds russet potatoes
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 1 cup milk whole

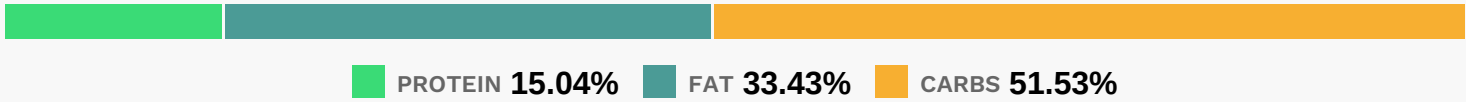
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ potato masher
- ☐ broiler

Directions

- ☐ Preheat oven to 40
- ☐ Pierce potatoes with a fork; bake at 400 for 1 hour or until tender.
- ☐ Cut potatoes in half lengthwise. Scoop out flesh, leaving about a 1/4-inch-thick shell.
- ☐ Combine flesh, milk, sour cream, and buttermilk; mash with a potato masher to desired consistency. Stir in fontina and next 4 ingredients (through pepper). Divide mixture evenly among shells.
- ☐ Place potatoes in a single layer on a baking sheet; sprinkle potatoes evenly with Parmigiano-Reggiano.
- ☐ Bake at 400 for 12 minutes or until heated.
- ☐ Preheat broiler.
- ☐ Broil potatoes 2 minutes or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:18.98, Glycemic Load:13.42, Inflammation Score:-3, Nutrition Score:5.7321739378183%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg,

Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 137.77kcal (6.89%), Fat: 5.22g (8.04%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 16.89g (6.14%), Sugar: 1.63g (1.81%), Cholesterol: 16.92mg (5.64%), Sodium: 190.62mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin B6: 0.34mg (16.9%), Potassium: 432.28mg (12.35%), Phosphorus: 111.23mg (11.12%), Calcium: 104.34mg (10.43%), Manganese: 0.16mg (7.86%), Vitamin C: 5.7mg (6.9%), Magnesium: 26.14mg (6.53%), Vitamin B1: 0.09mg (6.01%), Copper: 0.1mg (5.02%), Vitamin B2: 0.09mg (5%), Vitamin B3: 1mg (4.98%), Fiber: 1.23g (4.92%), Iron: 0.85mg (4.7%), Zinc: 0.68mg (4.5%), Vitamin B12: 0.26µg (4.25%), Vitamin B5: 0.39mg (3.88%), Vitamin A: 193.74IU (3.87%), Folate: 14.89µg (3.72%), Selenium: 2.36µg (3.37%), Vitamin K: 3.5µg (3.34%), Vitamin D: 0.23µg (1.53%)