



## Fried Potato Skins Ole

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 large baking potatoes
- ☐ 2 teaspoons chili powder
- ☐ 1.5 cups corn cut from cob fresh ( 3 ears)
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 cup green onions minced
- ☐ 1 tablespoon butter melted
- ☐ 1 cup bell pepper diced sweet red finely
- ☐ 0.5 teaspoon salt

- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 16 servings vegetable oil

## Equipment



- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ dutch oven

## Directions

- ☐ Scrub potatoes; prick each potato several times with a fork.
- ☐ Bake at 400 for 1 hour or until potatoes are done.
- ☐ Saute red pepper and green onions in margarine in a large skillet over medium-high heat 3 minutes or until tender. Stir in corn, chili powder, and salt; saute 3 minutes or until tender.
- ☐ Remove from heat, and let cool. Stir in sour cream and minced cilantro. Set aside.
- ☐ Allow potatoes to cool to touch.
- ☐ Cut potatoes in half lengthwise. Carefully scoop out pulp, leaving about 1/8-inch-thick shells.
- ☐ Cut each shell in half lengthwise. Reserve potato pulp for another use.
- ☐ Pour oil to depth of 2 to 3 inches in a Dutch oven. Fry shells in hot oil (37
- ☐ for 1 to 2 minutes or until browned. Invert and drain on paper towels.
- ☐ Place shells, skin side down, on an ungreased baking sheet. Spoon corn mixture evenly into shells; sprinkle evenly with cheese. Broil 5 1/2 inches from heat (with electric oven door partially opened) 2 to 3 minutes or until cheese melts.
- ☐ Garnish with cilantro sprigs, if desired.
- ☐ Serve immediately.

## Nutrition Facts



 PROTEIN 8%  FAT 65.01%  CARBS 26.99%

Properties

Glycemic Index:12.98, Glycemic Load:13.37, Inflammation Score:-6, Nutrition Score:10.052608668804%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 305.1kcal (15.25%), Fat: 22.64g (34.83%), Saturated Fat: 6.54g (40.85%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 19.31g (7.02%), Sugar: 2.44g (2.72%), Cholesterol: 22.66mg (7.55%), Sodium: 189.82mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin K: 35.97µg (34.25%), Vitamin C: 18.89mg (22.9%), Vitamin B6: 0.38mg (19.06%), Phosphorus: 143.33mg (14.33%), Vitamin A: 702.95IU (14.06%), Potassium: 485.1mg (13.86%), Calcium: 131.2mg (13.12%), Vitamin E: 1.62mg (10.79%), Manganese: 0.19mg (9.55%), Magnesium: 33.72mg (8.43%), Vitamin B2: 0.14mg (8.12%), Vitamin B1: 0.11mg (7.42%), Fiber: 1.84g (7.37%), Folate: 28.98µg (7.25%), Selenium: 5.08µg (7.25%), Vitamin B3: 1.36mg (6.78%), Zinc: 0.95mg (6.3%), Copper: 0.12mg (5.85%), Iron: 1.03mg (5.75%), Vitamin B5: 0.52mg (5.18%), Vitamin B12: 0.18µg (3.02%)