



Garlic Roasted Potato Skins

 Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 small head garlic (2 inches in diameter)
- ☐ 8 servings accompaniment: onion and spinach dip
- ☐ 3 lb russet potatoes organic (baking) (6 to 8 medium; preferably)
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons butter unsalted softened

Equipment

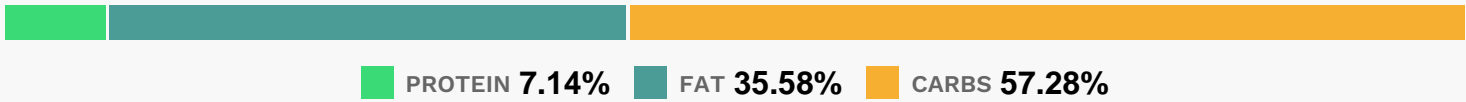
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Prick each potato once or twice with a fork.
- ☐ Cut off and discard top fourth of garlic head, then wrap garlic tightly in foil.
- ☐ Bake garlic and potatoes on same rack in lower third of oven until potatoes are tender, 50 minutes to 1 hour.
- ☐ Remove potatoes from oven and cool on a metal rack 15 minutes. Continue to bake garlic until tender, about 15 minutes more, then cool in foil on rack.
- ☐ While garlic cools, halve potatoes lengthwise, then quarter each half (to form short wedges). Scoop out potato flesh (reserving it for another use), leaving 1/4-inch-thick potato skins.
- ☐ Increase oven temperature to 425°F.
- ☐ Squeeze garlic into a small bowl, discarding garlic skins, and mash to a paste with butter, salt, and pepper using a fork.
- ☐ Divide garlic paste among potato skins (about 1/2 teaspoon each), spreading evenly, then roast skins in a large shallow baking pan (1 inch deep) until golden and crisp, 20 to 25 minutes.
- ☐ • Potato skins can be scooped out and spread with garlic paste (but not baked) 1 day ahead and chilled, loosely covered with foil. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:24.51, Inflammation Score:-4, Nutrition Score:8.0182609013889%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 217.03kcal (10.85%), Fat: 8.84g (13.6%), Saturated Fat: 5.53g (34.53%), Carbohydrates: 32.01g (10.67%),
Net Carbohydrates: 29.71g (10.8%), Sugar: 1.16g (1.29%), Cholesterol: 22.58mg (7.53%), Sodium: 306.62mg (13.33%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin B6: 0.63mg (31.54%), Potassium:
726.75mg (20.76%), Manganese: 0.33mg (16.74%), Vitamin C: 10.79mg (13.08%), Phosphorus: 101.53mg (10.15%),
Magnesium: 40.32mg (10.08%), Vitamin B1: 0.15mg (9.8%), Copper: 0.19mg (9.42%), Fiber: 2.3g (9.2%), Vitamin B3:
1.79mg (8.95%), Iron: 1.53mg (8.52%), Folate: 24.24µg (6.06%), Vitamin B5: 0.55mg (5.45%), Vitamin A: 264.75IU
(5.3%), Vitamin K: 3.96µg (3.77%), Vitamin B2: 0.06mg (3.74%), Zinc: 0.54mg (3.63%), Calcium: 32.76mg (3.28%),
Selenium: 1.29µg (1.84%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.16µg (1.05%)