



Grilled BBQ Potato Skins

 Gluten Free

READY IN



110 min.

SERVINGS



3

CALORIES



648 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup barbecue sauce
- 2 tablespoons butter melted
- 0.8 cup cheddar
- 2 tablespoons chives snipped for garnish
- 4 slices bacon crumbled cooked
- 1 clove garlic minced
- 0.5 pound barbequed pulled pork
- 3 russet potatoes scrubbed

3 servings cup heavy whipping cream sour for topping

Equipment

frying pan

sauce pan

oven

grill

Directions

Watch how to make this recipe.

Preheat oven to 350 degrees F.

Bake potatoes on middle rack until fork tender, about 1 hour.

Remove from oven and let sit until cool enough to handle.

Bake 4 strips of bacon on a small sheet pan in the oven for 15 minutes. Crumble bacon when it's cooled.

Preheat grill to medium heat.

Cut potatoes in half, lengthwise, and spoon out the flesh, leaving a half inch shell.

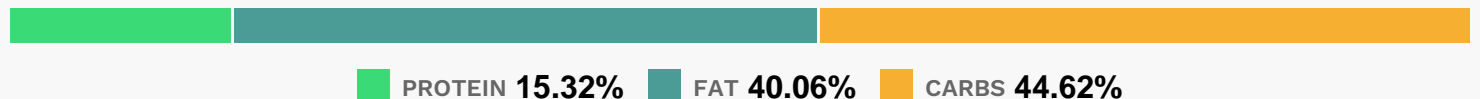
Melt the butter in saucepan and add minced garlic.

Brush potatoes with the butter and garlic mixture. Flip over and butter the bottoms.

Place potatoes on grill and cook until crisp, about 4 to 4 1/2 minutes on each side and remove from grill.

Divide the cheese, barbecue sauce and pulled pork among the potatoes. Top potato skins with sour cream, crumbled bacon and chives for garnish.

Nutrition Facts



Properties

Glycemic Index:78.92, Glycemic Load:30.57, Inflammation Score:-7, Nutrition Score:16.895652195682%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 648.06kcal (32.4%), Fat: 29.25g (45%), Saturated Fat: 14.55g (90.92%), Carbohydrates: 73.3g (24.43%), Net Carbohydrates: 70.04g (25.47%), Sugar: 28.72g (31.91%), Cholesterol: 98.46mg (32.82%), Sodium: 1380.1mg (60%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.32%), Vitamin B6: 0.87mg (43.38%), Potassium: 1100.95mg (31.46%), Phosphorus: 311.51mg (31.15%), Calcium: 300.13mg (30.01%), Selenium: 15.57µg (22.25%), Manganese: 0.43mg (21.26%), Vitamin C: 15.37mg (18.63%), Vitamin B3: 3.66mg (18.29%), Vitamin A: 904.46IU (18.09%), Vitamin B1: 0.26mg (17.33%), Magnesium: 68.6mg (17.15%), Iron: 3.02mg (16.79%), Vitamin B2: 0.27mg (16.06%), Zinc: 2.13mg (14.22%), Copper: 0.28mg (14.13%), Fiber: 3.27g (13.08%), Vitamin B5: 1.02mg (10.18%), Vitamin K: 10.48µg (9.98%), Folate: 39.84µg (9.96%), Vitamin B12: 0.46µg (7.61%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.21µg (1.41%)