



Grilled Potato Skins

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 baking potatoes (abt 8 oz ea)
- 3 slices bacon crumbled crisp cooked
- 0.5 cup finely-chopped ham fully-cooked
- 0.5 cup picante sauce
- 1 cup cheddar cheese shredded
- 0.5 cup cream sour
- 4 tablespoons butter unsalted

Equipment

oven

grill

Directions

Prick potatoes with a fork.

Bake in a 375 degree oven for 50 to 60 minutes or until tender.

Cut potatoes in half lengthwise. Scoop out insides of potato, leaving 1/4-inch thick shell (save insides for another use.)

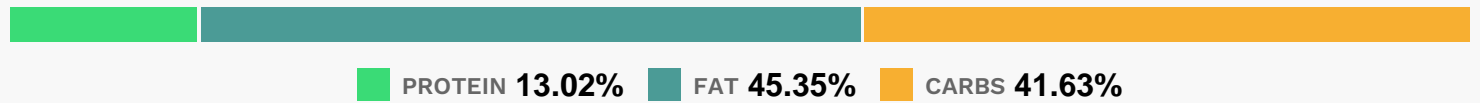
Brush the inside of each potato shell with melted butter. Spoon 2 teaspoons picante sauce into each potato shell.

Sprinkle each with cheese.

Add bacon or ham. Grill potato skins on an uncovered grill directly over medium coals for 10 to 12 minutes or until skins are crisp.

Sprinkle with tomato and green onion, if desired. Top with sour cream.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:15.2, Inflammation Score:-4, Nutrition Score:7.2369565217391%

Taste

Sweetness: 21%, Saltiness: 100%, Sourness: 10.46%, Bitterness: 11.23%, Savoriness: 27.68%, Fattiness: 76.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 194.51kcal (9.73%), Fat: 10.01g (15.4%), Saturated Fat: 5.52g (34.52%), Carbohydrates: 20.69g (6.89%), Net Carbohydrates: 19.11g (6.95%), Sugar: 1.43g (1.59%), Cholesterol: 30.52mg (10.17%), Sodium: 229.44mg (9.98%), Protein: 6.47g (12.94%), Vitamin B6: 0.42mg (20.99%), Potassium: 515.62mg (14.73%), Phosphorus: 135.08mg (13.51%), Calcium: 94.76mg (9.48%), Manganese: 0.18mg (9.21%), Vitamin C: 7.46mg (9.04%), Vitamin B1: 0.13mg (8.81%), Vitamin B3: 1.62mg (8.08%), Selenium: 5.54µg (7.91%), Magnesium: 31.32mg (7.83%), Vitamin B2: 0.11mg (6.69%), Copper: 0.13mg (6.49%), Vitamin A: 324.48IU (6.49%), Fiber: 1.58g (6.32%), Zinc: 0.88mg (5.85%), Iron: 1.04mg (5.8%), Vitamin B5: 0.48mg (4.82%), Folate: 18.18µg (4.54%), Vitamin B12: 0.22µg (3.6%), Vitamin K: 3.07µg (2.92%), Vitamin E: 0.37mg (2.44%)