



## Grilled Potato Skins

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 large baking potatoes
- 2 tablespoons butter melted
- 2 teaspoons rosemary leaves dried fresh minced crushed
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 cup cheddar cheese shredded
- 3 bacon crumbled cooked
- 2 spring onion chopped

1 serving cream sour

## Equipment

grill

microwave

## Directions

Cut each potato lengthwise into four wedges.

Cut away the white portion, leaving 1/4 in. on the potato skins.

Place skins on a microwave-safe plate. Microwave, uncovered, on high for 8-10 minutes or until tender.

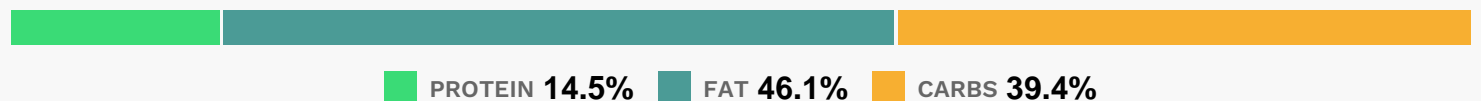
Combine the butter, rosemary, salt and pepper; brush over both sides of potato skins.

Grill potatoes, skin side up, uncovered, over direct medium heat for 2-3 minutes or until lightly browned. Turn potatoes and position over indirect heat; grill 2 minutes longer. Top with cheese. Cover and grill 2-3 minutes longer or until cheese is melted.

Sprinkle with bacon and onions.

Serve with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:28.22, Glycemic Load:13.27, Inflammation Score:-3, Nutrition Score:6.6721739406171%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 173.92kcal (8.7%), Fat: 9.07g (13.95%), Saturated Fat: 5.05g (31.56%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 16.13g (5.87%), Sugar: 0.74g (0.83%), Cholesterol: 25.5mg (8.5%), Sodium: 316.21mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Vitamin B6: 0.35mg (17.35%), Phosphorus:

130.37mg (13.04%), Potassium: 423.38mg (12.1%), Calcium: 117.42mg (11.74%), Selenium: 6µg (8.57%), Manganese: 0.17mg (8.42%), Vitamin K: 8.68µg (8.27%), Vitamin C: 5.84mg (7.08%), Magnesium: 27.02mg (6.76%), Vitamin B1: 0.1mg (6.59%), Vitamin B3: 1.3mg (6.49%), Vitamin B2: 0.11mg (6.24%), Zinc: 0.9mg (6%), Vitamin A: 271.7IU (5.43%), Copper: 0.11mg (5.37%), Fiber: 1.31g (5.25%), Iron: 0.91mg (5.03%), Folate: 18.04µg (4.51%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.19µg (3.19%), Vitamin E: 0.23mg (1.55%)