



Ham and Cheddar Potato Skins

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces deli honey ham sliced chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 1.5 pounds potatoes
- ☐ 2 spring onion white green separated sliced (and parts)
- ☐ 0.5 cup sharp cheddar cheese grated

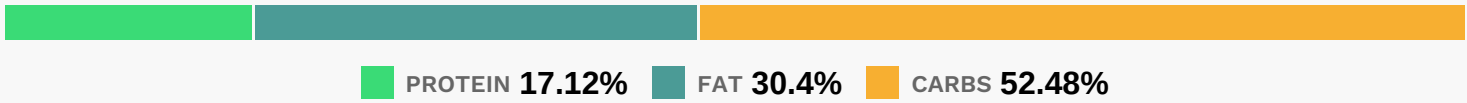
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 35
- ☐ Bake potatoes on baking sheet 25–30 minutes or until tender; set aside to cool. Preheat broiler with rack in highest position.
- ☐ Halve cooked potatoes lengthwise. Scoop out flesh, leaving a 1/4–inch border; transfer potato flesh (about 2 cups) to a bowl. Mash potato with sour cream and 2 tablespoons water; season with salt an pepper. Fold in scallions whites and ham; spoon filling into potato shells.
- ☐ Arrange filled potato skins on a baking sheet; sprinkle evenly with cheese. Broil 5 minutes or until cheese is melted. Spinkle with scallion greens before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:14.64, Inflammation Score:-4, Nutrition Score:8.352608623712%

Flavonoids

Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 155.63kcal (7.78%), Fat: 5.32g (8.19%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 18.05g (6.56%), Sugar: 1.02g (1.13%), Cholesterol: 16.68mg (5.56%), Sodium: 281.43mg (12.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Vitamin C: 23.13mg (28.03%), Vitamin B6: 0.38mg (19.02%), Potassium: 532.33mg (15.21%), Phosphorus: 132.44mg (13.24%), Fiber: 2.62g (10.48%), Vitamin K: 10.82µg (10.3%), Vitamin B1: 0.15mg (10.28%), Manganese: 0.19mg (9.65%), Calcium: 89.79mg (8.98%), Vitamin B3: 1.65mg (8.23%), Magnesium: 31.76mg (7.94%), Selenium: 5.3µg (7.58%), Copper: 0.14mg (6.93%), Vitamin B2: 0.11mg (6.29%), Zinc: 0.93mg (6.2%), Iron: 1.05mg (5.85%), Folate: 23.42µg (5.85%), Vitamin B5: 0.42mg (4.22%), Vitamin A: 150.08IU (3%), Vitamin B12: 0.18µg (2.95%), Vitamin E: 0.15mg (1.01%)