



Loaded Potato Skin Dip

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 strips bacon
- 1 strips vegetables such as bell pepper and celery sticks assorted for dipping
- 8 cloves garlic smashed
- 8 servings kosher salt and pepper black freshly ground
- 0.7 cup olive oil
- 8 servings potato chips for dipping
- 2 scallions thinly sliced
- 0.3 cup cup heavy whipping cream sour

- 1 tablespoon citrus champagne vinegar
- 1 pound to 4 yukon gold potatoes

Equipment

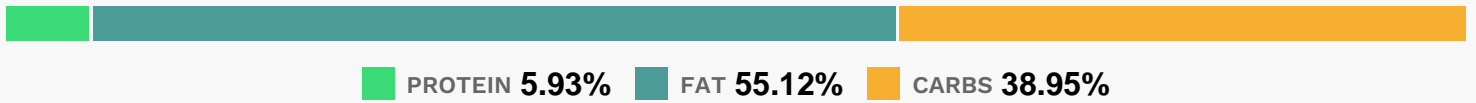
- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- potato masher
- potato ricer

Directions

- Cook the bacon in a medium skillet set over medium heat until crispy, about 8 minutes.
- Transfer the bacon to paper towels to drain.
- Add 2/3 cup of the oil and the garlic to the skillet with the bacon drippings. Reduce the heat to medium-low and cook, stirring occasionally, until the garlic is golden, about 7 minutes.
- Remove from the heat and set aside to cool.
- Meanwhile, preheat the oven to 375 degrees F. Peel the potatoes and slice the potato skins into very thin strips (the thinner your cut the strips the crispier they will be). Toss the strips with 1/4 teaspoon salt, some pepper and the remaining 1 tablespoon oil.
- Spread in an even layer and bake on an ungreased rimmed baking sheet, stirring once, until golden and crispy, about 15 minutes.
- Cut the peeled potatoes into 1-inch chunks and put in a saucepan. Cover with cold water by about 2 inches and add a generous pinch of salt. Bring to a boil over high heat; reduce the heat and simmer until the potatoes are tender, 15 to 20 minutes.
- Drain and allow to cool slightly. Pass the potatoes through a ricer into a medium bowl or mash with a potato masher until smooth.

- Pour the oil and garlic mixture into the bowl of a food processor and puree.
- Add the potatoes, vinegar, 1/3 cup water, 1/2 teaspoon salt and pepper to taste and pulse until just creamy and combined; do not over process or the potatoes will become gluey.
- Add up to 3 tablespoons more water if necessary so that the dip is soft and spreadable. Season with additional salt and pepper.
- Transfer the dip to a shallow serving bowl. Crumble the bacon and sprinkle it over the dip along with the crispy potato skins and scallions. Top with sour cream and serve warm or at room temperature with potato chips and cut up vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:7.59, Inflammation Score:-3, Nutrition Score:9.1652172739091%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 267.68kcal (13.38%), Fat: 16.77g (25.8%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.38g (8.86%), Sugar: 0.89g (0.98%), Cholesterol: 7.87mg (2.62%), Sodium: 190.84mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin E: 3.51mg (23.39%), Vitamin C: 18.95mg (22.97%), Vitamin B6: 0.37mg (18.66%), Potassium: 617.25mg (17.64%), Manganese: 0.34mg (17.14%), Vitamin K: 15.97µg (15.21%), Vitamin B5: 1.46mg (14.62%), Vitamin B3: 2.2mg (10.99%), Phosphorus: 94.58mg (9.46%), Fiber: 2.28g (9.14%), Vitamin B1: 0.13mg (8.63%), Magnesium: 33.67mg (8.42%), Copper: 0.14mg (7.17%), Iron: 0.96mg (5.35%), Folate: 19.71µg (4.93%), Zinc: 0.61mg (4.05%), Vitamin B2: 0.07mg (3.84%), Selenium: 2.69µg (3.84%), Calcium: 28.41mg (2.84%), Vitamin A: 82.59IU (1.65%)