



Mashed Potato Skins

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon
- 1 cup buttermilk
- 0.5 cup cheddar cheese white yellow extra-sharp
- 0.3 cup chives fresh chopped
- 6 servings salt and pepper black freshly ground
- 2 pounds yukon gold potatoes halved

Equipment

- frying pan

oven

pot

Directions

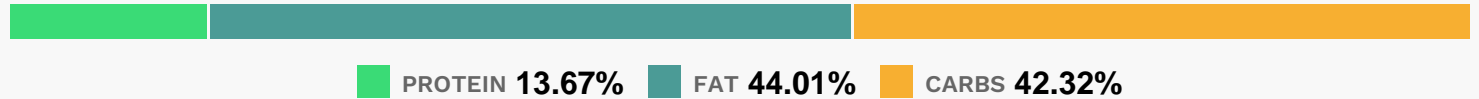
Preheat the oven to 350 degrees F.

Arrange the bacon on a sheet pan and bake for 12 to 15 minutes until crisp. Cool and chop.

Put potatoes in a medium sauce pot and cover with cold water. Bring the water to a boil and season with salt. Cook until tender, about 15 minutes.

Drain and mash potatoes with buttermilk and season with salt and pepper. Stir in the chives, Cheddar and fold in bacon.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:20.03, Inflammation Score:-5, Nutrition Score:11.707391256871%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 272.13kcal (13.61%), Fat: 13.41g (20.63%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 25.62g (9.32%), Sugar: 3.19g (3.55%), Cholesterol: 28.34mg (9.45%), Sodium: 258.37mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Vitamin C: 30.75mg (37.28%), Vitamin B6: 0.53mg (26.4%), Potassium: 747.61mg (21.36%), Phosphorus: 196.12mg (19.61%), Vitamin B1: 0.2mg (13.64%), Fiber: 3.39g (13.57%), Calcium: 133.8mg (13.38%), Selenium: 9.04µg (12.91%), Manganese: 0.26mg (12.76%), Vitamin B3: 2.53mg (12.66%), Magnesium: 44.83mg (11.21%), Vitamin B2: 0.18mg (10.51%), Copper: 0.19mg (9.48%), Zinc: 1.21mg (8.04%), Vitamin B5: 0.77mg (7.67%), Folate: 29.94µg (7.48%), Iron: 1.33mg (7.41%), Vitamin K: 6.93µg (6.6%), Vitamin B12: 0.39µg (6.56%), Vitamin A: 244.62IU (4.89%), Vitamin D: 0.66µg (4.43%), Vitamin E: 0.21mg (1.42%)