



Mexican Baked Potato Skins

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large baking potatoes
- ☐ 2 teaspoons chili powder
- ☐ 1.5 cups corn cut from cob fresh (3 ears)
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 cup green onions minced
- ☐ 8 ounces less-fat cheddar cheese 50%
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 0.5 cup nonfat cream alternative sour

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup bell pepper diced sweet red finely
- ☐ 0.3 teaspoon salt

Equipment


- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Scrub potatoes; prick each potato several times with a fork.
- ☐ Bake at 400 for 1 hour or until potatoes are done.
- ☐ Coat a large nonstick skillet with cooking spray; add margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add red pepper and green onions; saute 3 minutes or until tender. Stir in corn, chili powder, salt, and pepper; saute 3 minutes or until tender.
- ☐ Remove from heat, and let cool. Stir in sour cream and minced cilantro. Set aside.
- ☐ Allow potatoes to cool to touch.
- ☐ Cut potatoes in half lengthwise. Carefully scoop out pulp, leaving about 1/8-inch-thick shells.
- ☐ Cut each shell in half lengthwise. Reserve potato pulp for another use.
- ☐ Place shells, skin side down, on an ungreased baking sheet; spray shells lightly with cooking spray.
- ☐ Bake at 425 for 15 minutes or until crisp. Spoon corn mixture evenly into shells; sprinkle evenly with cheese. Broil 5 1/2 inches from heat (with electric oven door partially opened) 2 to 3 minutes or until cheese melts.
- ☐ Garnish with cilantro sprigs, if desired.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **15.01%**  FAT **32.16%**  CARBS **52.83%**

Properties

Glycemic Index:14.98, Glycemic Load:13.37, Inflammation Score:-6, Nutrition Score:8.4208695914434%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 158.27kcal (7.91%), Fat: 5.85g (9%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 19.78g (7.19%), Sugar: 1.98g (2.2%), Cholesterol: 14.82mg (4.94%), Sodium: 159.17mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Vitamin C: 18.76mg (22.74%), Vitamin B6: 0.38mg (18.85%), Phosphorus: 139.28mg (13.93%), Potassium: 476.81mg (13.62%), Vitamin A: 631.9IU (12.64%), Calcium: 125.78mg (12.58%), Manganese: 0.19mg (9.66%), Vitamin K: 10.06µg (9.58%), Magnesium: 33.05mg (8.26%), Vitamin B1: 0.11mg (7.42%), Fiber: 1.85g (7.4%), Vitamin B2: 0.12mg (7.34%), Folate: 28.91µg (7.23%), Selenium: 4.93µg (7.04%), Vitamin B3: 1.35mg (6.74%), Zinc: 0.93mg (6.23%), Copper: 0.12mg (5.79%), Iron: 1.02mg (5.69%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.17µg (2.88%), Vitamin E: 0.42mg (2.79%)