



Mini Baked Potatoes with Mascarpone and Prosciutto Bits

 Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



447 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons prosciutto bits
- ☐ 2 tablespoons chives chopped
- ☐ 5 servings coarse salt
- ☐ 0.5 cup crème fraîche
- ☐ 1 tablespoon olive oil
- ☐ 4 ounces pancetta finely Have the butcher grind it or chop it yourself. If chopping yourself, partially freeze it first.
- ☐ 10 small yukon gold potatoes

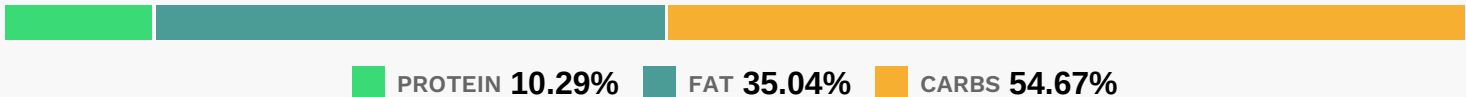
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Wash and dry the potatoes.
- ☐ Spread a 1/4-inch bed of salt in a baking dish and top with the potatoes. Prick the top of the potatoes.
- ☐ Bake for about 40 minutes, or until the potatoes are cooked throughout.
- ☐ Meanwhile, make the prosciutto bits.
- ☐ Place a small saute pan over medium-high heat.
- ☐ Place prosciutto in heated pan.
- ☐ Drizzle bits with olive oil, and cook, stirring. The prosciutto will give off steam for about 5 minutes while it releases its moisture. When the hiss of steam turns to a sizzle, turn the heat down to medium low and cook, stirring occasionally, until the prosciutto bits are crisp, about 25 to 30 minutes.
- ☐ Using a slotted spoon, transfer the bits to several thicknesses of paper towel to drain. The bits will crisp even more as they cool. (Use immediately or freeze the bits for up to 6 months and warm in a skillet as needed.)
- ☐ Remove the potatoes from the oven.
- ☐ Cut an x in the top of each potato, and push in the sides to split open. Divide the prosciutto bits, mascarpone or creme fraiche, and chives among the potatoes and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:43.49, Inflammation Score:-6, Nutrition Score:19.881304238154%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 447.02kcal (22.35%), Fat: 17.67g (27.18%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 62.01g (20.67%), Net Carbohydrates: 54.07g (19.66%), Sugar: 3.46g (3.84%), Cholesterol: 28.54mg (9.51%), Sodium: 445.89mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.35%), Vitamin C: 67.96mg (82.38%), Vitamin B6: 1.08mg (53.89%), Potassium: 1514.77mg (43.28%), Fiber: 7.94g (31.75%), Manganese: 0.53mg (26.51%), Phosphorus: 253.75mg (25.37%), Vitamin B1: 0.37mg (24.36%), Vitamin B3: 4.59mg (22.96%), Magnesium: 87.72mg (21.93%), Copper: 0.41mg (20.28%), Iron: 2.83mg (15.71%), Folate: 62.37µg (15.59%), Vitamin B5: 1.21mg (12.13%), Vitamin K: 11.05µg (10.52%), Vitamin B2: 0.17mg (10.01%), Selenium: 6.75µg (9.65%), Zinc: 1.42mg (9.44%), Calcium: 70.66mg (7.07%), Vitamin E: 0.91mg (6.1%), Vitamin A: 210.72IU (4.21%), Vitamin B12: 0.21µg (3.53%)