



## Mini Cheddar Potato Skins

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter melted
- 1 pound fingerling potatoes red ( 20)
- 2 tablespoons green onion tops thinly sliced
- 3 tablespoons cheddar cheese shredded extra-sharp reduced-fat
- 0.3 teaspoon salt

### Equipment

- bowl

- plastic wrap
- broiler
- microwave

## Directions

- Preheat broiler.
- Scrub potatoes; place in a single layer in a microwave-safe bowl (do not pierce potatoes with a fork). Cover bowl with plastic wrap (do not allow plastic wrap to touch food); vent. Microwave at HIGH 5 to 6 minutes or until tender.
- Let stand 5 minutes or until cool enough to touch.
- Cut potatoes in half; drizzle evenly with butter, and sprinkle evenly with salt and pepper. Top evenly with cheese. Broil 2 minutes or until cheese melts, and sprinkle evenly with green onions.

## Nutrition Facts

**PROTEIN 11.7%** **FAT 23.82%** **CARBS 64.48%**

## Properties

Glycemic Index:49.44, Glycemic Load:14.56, Inflammation Score:-3, Nutrition Score:6.5995651914374%

## Flavonoids

Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 122.77kcal (6.14%), Fat: 3.32g (5.1%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 17.61g (6.4%), Sugar: 0.98g (1.09%), Cholesterol: 8.63mg (2.88%), Sodium: 207.29mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin C: 22.9mg (27.76%), Vitamin B6: 0.34mg (16.96%), Potassium: 491.68mg (14.05%), Fiber: 2.6g (10.42%), Manganese: 0.19mg (9.75%), Phosphorus: 92.19mg (9.22%), Vitamin K: 8.85µg (8.42%), Magnesium: 27.81mg (6.95%), Copper: 0.13mg (6.39%), Vitamin B1: 0.09mg (6.22%), Vitamin B3: 1.22mg (6.08%), Iron: 0.96mg (5.36%), Folate: 20.77µg (5.19%), Calcium: 39.04mg (3.9%), Vitamin B5: 0.35mg (3.53%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.44mg (2.94%), Vitamin A: 131.19IU (2.62%), Selenium: 1.16µg (1.66%)