



Mitchell's Loaded Baked Potato Skins

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds baking potatoes
- 0.3 cup olives black chopped
- 0.5 cup green onions chopped
- 0.3 cup bottled salsa
- 3 ounces sharp cheddar cheese shredded reduced-fat
- 0.5 cup heavy whipping cream fat-free sour
- 3 ounces turkey pepperoni chopped

Equipment

baking sheet

oven

Directions

Preheat oven to 425

Bake potatoes at 425 for 1 hour or until done; cool slightly.

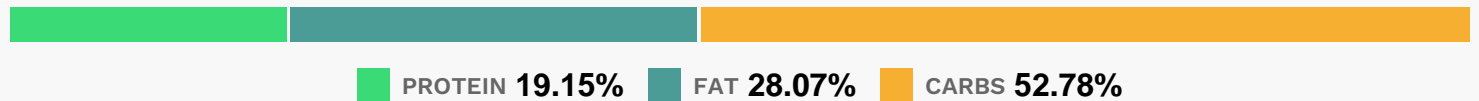
Cut each potato in half lengthwise, scoop out pulp, leaving a 1/4-inch-thick shell. Reserve potato pulp for another use.

Place potato shells on baking sheet; spray inside of shells with cooking spray.

Bake at 425 for 8 minutes or until crisp. Divide pepperoni and cheese evenly among potato shells.

Bake at 425 for 5 minutes or until cheese melts. Top each shell with 1 tablespoon sour cream, 1 tablespoon onions, 2 teaspoons olives, and 1 1/2 teaspoons salsa.

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:16.28, Inflammation Score:-4, Nutrition Score:8.1578259856805%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 181.94kcal (9.1%), Fat: 5.82g (8.95%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 22.65g (8.24%), Sugar: 1.28g (1.42%), Cholesterol: 25mg (8.33%), Sodium: 435.04mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.87%), Vitamin B6: 0.42mg (21.06%), Potassium: 587.91mg (16.8%), Vitamin K: 15.65µg (14.91%), Phosphorus: 129.85mg (12.99%), Calcium: 120.34mg (12.03%), Manganese: 0.2mg (9.91%), Magnesium: 37.84mg (9.46%), Vitamin C: 7.79mg (9.45%), Zinc: 1.29mg (8.61%), Copper: 0.16mg (8.05%), Iron: 1.43mg (7.96%), Fiber: 1.97g (7.87%), Vitamin B1: 0.11mg (7.29%), Vitamin B2: 0.11mg (6.7%), Vitamin B3: 1.33mg (6.63%), Selenium: 4.39µg (6.26%), Folate: 24.61µg (6.15%), Vitamin A: 272.94IU (5.46%), Vitamin B5: 0.41mg (4.08%), Vitamin E: 0.44mg (2.93%), Vitamin B12: 0.16µg (2.6%)