



Parmesan potato skins

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large baking potatoes
- ☐ 1 tbsp olive oil
- ☐ 0.5 tsp cayenne pepper
- ☐ 0.5 tsp paprika
- ☐ 0.5 tsp salt
- ☐ 2 tbsp parmesan grated (or vegetarian alternative)

Equipment

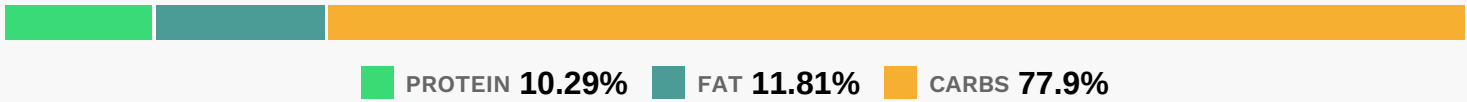
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Bake potatoes for 50–60 mins. Once cooked, cool slightly before halving and scraping out the middles, leaving about 1cm of potato in the skins.
- ☐ Cut each skin into 3 and toss on a baking sheet with oil, cayenne pepper, paprika, salt and Parmesan.
- ☐ Bake for a further 10–15 mins until crisp and golden.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:52.5, Inflammation Score:-6, Nutrition Score:16.299565080067%

Nutrients (% of daily need)

Calories: 333.78kcal (16.69%), Fat: 4.52g (6.95%), Saturated Fat: 1g (6.27%), Carbohydrates: 67.04g (22.35%), Net Carbohydrates: 62.08g (22.58%), Sugar: 2.36g (2.62%), Cholesterol: 1.7mg (0.57%), Sodium: 349.52mg (15.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Vitamin B6: 1.29mg (64.35%), Potassium: 1552.21mg (44.35%), Manganese: 0.59mg (29.48%), Vitamin C: 21.21mg (25.71%), Phosphorus: 221.86mg (22.19%), Magnesium: 86.83mg (21.71%), Vitamin B1: 0.31mg (20.35%), Fiber: 4.96g (19.83%), Vitamin B3: 3.87mg (19.37%), Copper: 0.38mg (19.2%), Iron: 3.29mg (18.3%), Folate: 52.21µg (13.05%), Vitamin B5: 1.13mg (11.29%), Vitamin K: 9.2µg (8.76%), Vitamin B2: 0.14mg (7.98%), Calcium: 78.78mg (7.88%), Zinc: 1.16mg (7.72%), Vitamin A: 258.44IU (5.17%), Vitamin E: 0.7mg (4.65%), Selenium: 2.08µg (2.97%)