

# Potato Dog Skins

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.5 lb baking potatoes
- 0.3 cup bull's-eye original barbecue sauce warmed
- 3 oscar mayer selects uncured angus beef franks
- 2 Tbsp butter melted
- 0.5 cup colby & monterey jack cheeses shredded kraft
- 0.3 cup knudsen cream sour
- 0.3 cup chives fresh chopped
- 2 cloves garlic minced

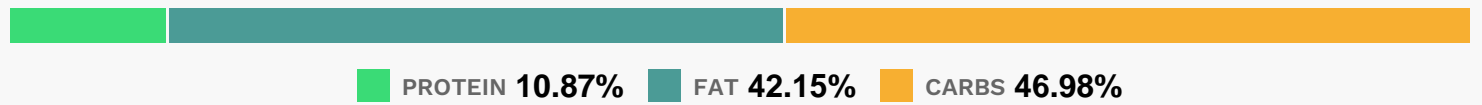
# Equipment

grill

# Directions

- Heat grill to medium heat.
- Cut potatoes lengthwise in half; scoop out centers, leaving 1/2-inch-thick shells. Discard removed centers or reserve for another use.
- Mix butter and garlic until blended; brush onto insides and outsides of potato shells.
- Grill potatoes and franks 7 to 9 min. or until potatoes are crisp and franks are heated through, turning potatoes after 4 min. and turning franks occasionally.
- Slice franks; spoon into potato shells.
- Drizzle with barbecue sauce; top with cheese.
- Grill 1 to 2 min. or until cheese is melted. Top with sour cream and chives.

# Nutrition Facts



# Properties

Glycemic Index:34.96, Glycemic Load:26.97, Inflammation Score:-5, Nutrition Score:11.743478178978%

# Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

# Nutrients (% of daily need)

Calories: 354.78kcal (17.74%), Fat: 16.93g (26.04%), Saturated Fat: 8.81g (55.05%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 39.78g (14.47%), Sugar: 7.34g (8.16%), Cholesterol: 40.77mg (13.59%), Sodium: 504.79mg (21.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.63%), Vitamin B6: 0.71mg (35.45%), Potassium: 894.25mg (25.55%), Phosphorus: 202.24mg (20.22%), Manganese: 0.35mg (17.35%), Vitamin C: 12.26mg (14.86%), Magnesium: 53.64mg (13.41%), Vitamin B3: 2.61mg (13.04%), Copper: 0.25mg (12.51%), Calcium: 124.8mg (12.48%), Iron: 2.17mg (12.03%), Vitamin B1: 0.17mg (11.6%), Fiber: 2.66g (10.65%), Zinc: 1.47mg (9.82%), Vitamin B2: 0.16mg (9.48%), Vitamin A: 417.35IU (8.35%), Selenium: 5.82µg (8.32%), Vitamin B12: 0.49µg (8.22%),

Folate: 32.8µg (8.2%), Vitamin K: 8.07µg (7.69%), Vitamin B5: 0.73mg (7.27%), Vitamin E: 0.34mg (2.26%), Vitamin D: 0.2µg (1.34%)