



Potato-Skin Nests

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1 lb co y-jack cheese shredded
- ☐ 12 servings bacon crumbled cooked
- ☐ 2 egg whites lightly beaten
- ☐ 12 servings chives fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 cups hash browns shredded frozen thawed
- ☐ 1 teaspoon onion powder
- ☐ 3 oz freshly parmesan cheese shredded

- ☐ 12 servings pepper freshly ground to taste
- ☐ 0.8 teaspoon salt
- ☐ 12 servings cup heavy whipping cream sour

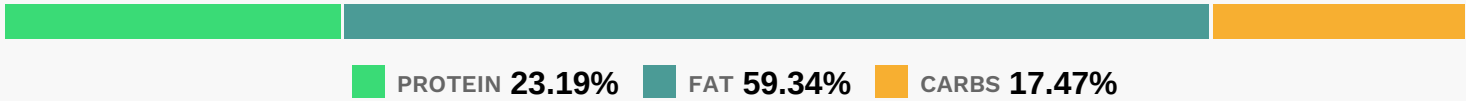
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 45
- ☐ Stir together hash browns, egg whites, Parmesan cheese, onion powder, salt, garlic powder, and desired amount of freshly ground pepper. Press about 1/4 cup potato mixture into each cup of a lightly greased 12-cup muffin pan; coat with vegetable cooking spray.
- ☐ Bake 20 to 25 minutes or until golden. (
- ☐ Bake in a 24-cup miniature muffin pan 20 minutes, if desired.)
- ☐ Remove from oven, and cool in pan on a wire rack 5 minutes. Gently run a knife around nests to loosen edges; remove from pan to a serving platter. Top nests with colby-Jack cheese, sour cream, bacon, and chopped fresh chives.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:2.81, Inflammation Score:-4, Nutrition Score:7.6956522516582%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 243.29kcal (12.16%), Fat: 16.17g (24.88%), Saturated Fat: 9.83g (61.42%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.89g (3.6%), Sugar: 0.72g (0.8%), Cholesterol: 46.97mg (15.66%), Sodium: 539.5mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.45%), Calcium: 385.81mg (38.58%), Phosphorus: 253.35mg (25.34%), Vitamin B2: 0.22mg (13.06%), Selenium: 8.75µg (12.49%), Zinc: 1.5mg (9.99%), Vitamin A: 464.87IU (9.3%), Vitamin B12: 0.43µg (7.14%), Potassium: 217.36mg (6.21%), Vitamin C: 5.03mg (6.1%), Magnesium: 21.73mg (5.43%), Manganese: 0.1mg (5.22%), Iron: 0.9mg (4.99%), Vitamin B3: 0.95mg (4.77%), Vitamin B6: 0.09mg (4.6%), Vitamin B1: 0.06mg (4.28%), Copper: 0.07mg (3.72%), Vitamin B5: 0.34mg (3.38%), Vitamin K: 3.55µg (3.38%), Fiber: 0.82g (3.29%), Folate: 11.55µg (2.89%), Vitamin D: 0.26µg (1.75%), Vitamin E: 0.16mg (1.09%)