



Potato Skins

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 servings oz. bacon into pieces crumbled cooked
- 24 servings spring onion chopped
- 24 servings creamy pimiento cheese
- 12 potatoes - remove skin red
- 24 servings salt

Equipment

- oven
- broiler pan

Directions

- Bake potatoes at 400 for 30 minutes.
- Cut potatoes in half; sprinkle with salt. Top each with 1 tsp. Classic Pimiento Cheese.
- Place on a broiler pan; broil 5 1/2 inches from heat 2 minutes. Top with green onions and bacon.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:5.3082608645377%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 83.13kcal (4.16%), Fat: 0.61g (0.94%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 15.53g (5.65%), Sugar: 1.6g (1.78%), Cholesterol: 1.97mg (0.66%), Sodium: 254.28mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin K: 15.51µg (14.77%), Potassium: 501.17mg (14.32%), Vitamin C: 10.35mg (12.55%), Vitamin B6: 0.18mg (9.24%), Manganese: 0.16mg (8.01%), Fiber: 1.97g (7.87%), Copper: 0.15mg (7.39%), Phosphorus: 67.18mg (6.72%), Vitamin B3: 1.26mg (6.28%), Magnesium: 24.64mg (6.16%), Vitamin B1: 0.09mg (5.97%), Folate: 23.01µg (5.75%), Iron: 0.87mg (4.82%), Vitamin B5: 0.3mg (3.02%), Zinc: 0.38mg (2.5%), Vitamin B2: 0.04mg (2.22%), Calcium: 18.73mg (1.87%), Vitamin A: 76.36IU (1.53%)