



Potato Skins



Gluten Free



Popular

READY IN



110 min.

SERVINGS



4

CALORIES



689 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 russet baking potatoes small to medium (total 3 pounds)
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings kosher salt
- ☐ 4 servings pepper freshly ground
- ☐ 6 strips bacon
- ☐ 4 ounces cheddar cheese grated
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 green onions thinly sliced

Equipment

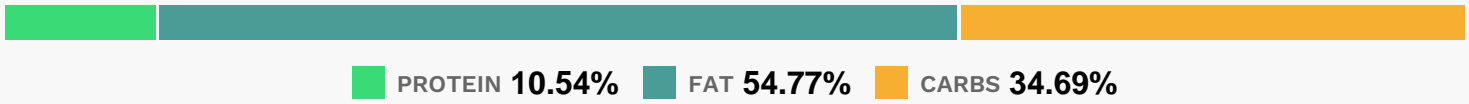
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ microwave
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Bake the potatoes: Scrub the potatoes clean then bake the potatoes using your favorite method, either oven or microwave. If using an oven, pierce a few times with a sharp knife or the tines of a fork, rub with olive oil and bake in a 400°F oven for about an hour until the potatoes are cooked through and give a little when pressed.
- ☐ If using a microwave, pierce the potato a few times with a sharp knife or the tines of a fork, rub all over with olive oil and cook on the high setting for about 5 minutes per potato.
- ☐ I have found that baking the potatoes in a conventional oven yields potatoes that are easier to work with (cut and scoop out), the potato seems to adhere to the skins a little better, but there is hardly a discernible difference in the final product.
- ☐ Cook the bacon: While the potatoes are cooking, cook the bacon strips in a frying pan on medium low heat for 10 to 15 minutes, or until crisp.
- ☐ Drain on paper towels.
- ☐ Let cool. Crumble.
- ☐ Cut potatoes in half and scoop out the insides:
- ☐ Remove the potatoes from the oven and let cool enough to handle.
- ☐ Cut in half horizontally. Use a spoon to carefully scoop out the insides, reserving the scooped potatoes for another use, leaving about 1/4 of an inch of potato on the skin.
- ☐ the potato skins: Increase the heat of the oven to 450°F.

- ☐ Brush or rub olive oil all over the potato skins, outside and in.
- ☐ Sprinkle with salt.
- ☐ Place on a baking rack in a roasting pan (don't use a cookie sheet, it will warp, use a roasting pan or broiler pan that can take the heat).
- ☐ Cook for 10 minutes on one side, then flip the skins over and cook for another 10 minutes.
- ☐ Remove from oven and let cool enough to handle.
- ☐ Add cheese and bacon and bake again: Arrange the potato skins skin-side down on the roasting pan or rack.
- ☐ Sprinkle the insides with freshly ground black pepper, cheddar cheese, and crumbled bacon.
- ☐ Return to the oven. Broil for an additional 2 minutes, or until the cheese is bubbly.
- ☐ Remove from oven.
- ☐ Top with sour cream and green onions to serve: Use tongs to place skins on a serving plate.
- ☐ Add a dollop of sour cream to each skin, sprinkle with green onions.
- ☐ Serve immediately.
- ☐ Note: If you have a potato whose skin or flesh has turned green, cut out those parts, do not use them. The green indicates the presence of a toxin that develops when potatoes are exposed to sunlight.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:45.7, Inflammation Score:-6, Nutrition Score:21.509130550467%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 688.54kcal (34.43%), Fat: 42.58g (65.51%), Saturated Fat: 14.75g (92.21%), Carbohydrates: 60.68g (20.23%), Net Carbohydrates: 56.35g (20.49%), Sugar: 3.2g (3.55%), Cholesterol: 67.09mg (22.36%), Sodium: 623.8mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.86%), Vitamin B6: 1.23mg (61.27%),

Potassium: 1473.49mg (42.1%), Phosphorus: 377.31mg (37.73%), Calcium: 277.68mg (27.77%), Manganese: 0.53mg (26.7%), Vitamin K: 27.87µg (26.55%), Vitamin B1: 0.37mg (24.7%), Selenium: 17.04µg (24.34%), Vitamin C: 19.6mg (23.76%), Vitamin B3: 4.71mg (23.54%), Magnesium: 89.35mg (22.34%), Vitamin B2: 0.31mg (18.26%), Copper: 0.36mg (18.2%), Iron: 3.13mg (17.37%), Fiber: 4.33g (17.34%), Vitamin E: 2.55mg (16.97%), Zinc: 2.48mg (16.51%), Folate: 56.27µg (14.07%), Vitamin B5: 1.36mg (13.64%), Vitamin A: 538.95IU (10.78%), Vitamin B12: 0.53µg (8.76%), Vitamin D: 0.3µg (2.01%)