



Potato Skins with Sour Cream and Chives



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large baking potatoes
- ☐ 4 tablespoons chives chopped
- ☐ 16 oz cream sour low-fat
- ☐ 8 servings salt and pepper

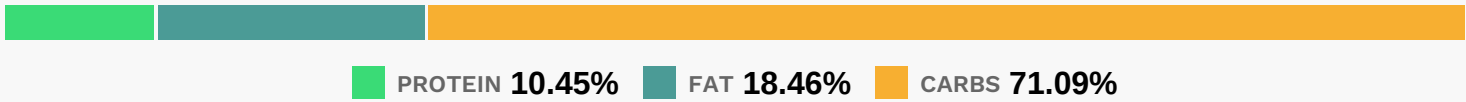
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 400F. Scrub potatoes, prick all over with a knife and bake until tender and a knife easily pierces, about 1 hour and 25 minutes.
- ☐ Remove from oven and let rest until cool enough to handle.
- ☐ Cut potatoes in half and scrape out flesh, leaving about 1/4-inch.
- ☐ Cut each half into 3 wedges.
- ☐ Place wedges on a large rimmed baking sheet and mist potatoes with cooking spray.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake for 10 minutes. Turn over and bake 10 minutes longer. Turn once more and bake for a final 10 minutes, until crispy.
- ☐ Mix sour cream with chives, salt and pepper.
- ☐ Serve potato skins with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:16.22, Glycemic Load:39.35, Inflammation Score:-5, Nutrition Score:13.509130431258%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 296.19kcal (14.81%), Fat: 6.24g (9.6%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 54.1g (18.03%), Net Carbohydrates: 50.46g (18.35%), Sugar: 1.87g (2.08%), Cholesterol: 19.84mg (6.61%), Sodium: 254.73mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.91%), Vitamin B6: 0.97mg (48.41%), Potassium: 1278.73mg (36.54%), Manganese: 0.44mg (22.03%), Vitamin C: 17.16mg (20.8%), Phosphorus: 193.34mg (19.33%), Magnesium: 69.96mg (17.49%), Vitamin B1: 0.25mg (16.72%), Copper: 0.3mg (14.83%), Vitamin B3: 2.91mg (14.57%), Fiber: 3.64g (14.54%), Iron: 2.45mg (13.59%), Calcium: 117.42mg (11.74%), Folate: 46.56µg (11.64%), Vitamin B2: 0.16mg (9.48%), Vitamin B5: 0.84mg (8.38%), Vitamin K: 8.46µg (8.06%), Zinc: 1.1mg (7.3%), Vitamin A: 254.04IU (5.08%), Selenium: 2.88µg (4.11%), Vitamin B12: 0.24µg (3.97%), Vitamin E: 0.2mg (1.34%)