



Restaurant-Style Potato Skins

 Gluten Free

READY IN



37 min.

SERVINGS



6

CALORIES



556 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 cup bacon bits
- 6 potatoes
- 8 ounces cheddar cheese shredded
- 16 ounce cream sour
- 1 cup vegetable oil

Equipment

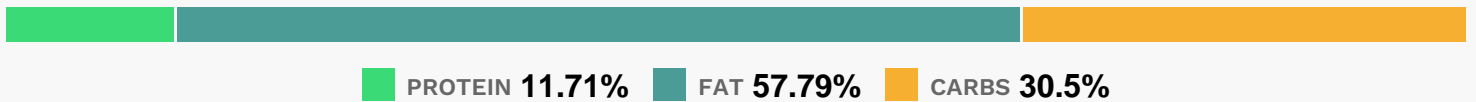
- paper towels
- sauce pan

- oven
- baking pan
- microwave
- deep fryer

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking pan.
- Pierce potatoes with a fork. Microwave the potatoes on high until they are soft; approximately 10 to 12 minutes.
- Cut the potatoes in half vertically. Scoop the inside out of the potatoes, until 1/4 inch of the potato shell remains.
- Heat oil to 365 degrees F (180 degrees C) in a deep fryer or a deep saucepan.
- Place the potatoes in hot oil, fry for 5 minutes.
- Drain potatoes on paper towels.
- Fill the potato shells with cheese and bacon bits. Arrange them in the prepared baking pan.
- Bake for 7 minutes, or until the cheese is melted.
- Serve hot with sour cream.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:27.49, Inflammation Score:-7, Nutrition Score:18.92260873836%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 555.62kcal (27.78%), Fat: 36.25g (55.77%), Saturated Fat: 16.26g (101.6%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 37.85g (13.77%), Sugar: 4.36g (4.85%), Cholesterol: 82.4mg (27.47%), Sodium: 370.67mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.06%), Vitamin C: 42.74mg (51.8%), Calcium: 374.13mg (37.41%), Phosphorus: 362.68mg (36.27%), Vitamin B6: 0.69mg (34.47%), Potassium:

1027.48mg (29.36%), Vitamin B2: 0.37mg (21.49%), Fiber: 5.19g (20.75%), Selenium: 14.5µg (20.71%), Vitamin K: 19.45µg (18.53%), Magnesium: 71.44mg (17.86%), Vitamin A: 853.99IU (17.08%), Manganese: 0.34mg (16.9%), Zinc: 2.35mg (15.64%), Vitamin B1: 0.23mg (15.07%), Copper: 0.28mg (14.13%), Folate: 52.81µg (13.2%), Vitamin B3: 2.41mg (12.07%), Vitamin B5: 1.04mg (10.41%), Vitamin B12: 0.62µg (10.31%), Vitamin E: 1.53mg (10.18%), Iron: 1.81mg (10.07%), Vitamin D: 0.23µg (1.51%)