



Super Skins

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb baking potatoes
- 15 oz cheez whiz cheese dip
- 0.5 cup knudsen cream sour
- 2 green onions sliced
- 2 Tbsp oil
- 0.3 cup oscar mayer real bacon bits

Equipment

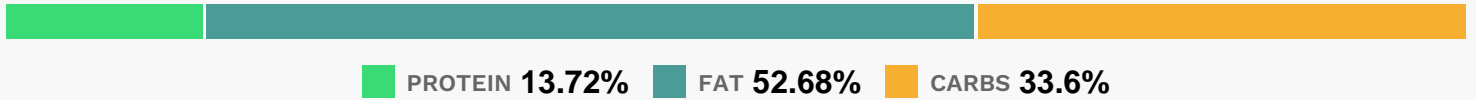
- bowl

- baking sheet
- oven
- microwave

Directions

- Heat oven to 375F.
- Cut potatoes lengthwise in half; scoop out centers, leaving 1/4-inch-thick shells. (Reserve centers for another use.)
- Cut shells crosswise in half.
- Place shells, skin-sides down, on baking sheet; brush insides of shells lightly with oil.
- Bake 15 min. or until golden brown.
- Microwave CHEEZ WHIZ in microwaveable bowl on HIGH 3 min., stirring after 1-1/2 min. Spoon into potato shells; top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:4.31, Inflammation Score:-1, Nutrition Score:2.5717391293982%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 82.47kcal (4.12%), Fat: 4.88g (7.51%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.55g (2.38%), Sugar: 1.29g (1.43%), Cholesterol: 14.24mg (4.75%), Sodium: 263.26mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Phosphorus: 134.09mg (13.41%), Calcium: 59.27mg (5.93%), Vitamin B6: 0.11mg (5.32%), Potassium: 167.12mg (4.77%), Vitamin B2: 0.05mg (3%), Vitamin K: 2.92µg (2.78%), Vitamin A: 124.15IU (2.48%), Manganese: 0.05mg (2.46%), Vitamin C: 1.97mg (2.38%), Zinc: 0.34mg (2.24%), Magnesium: 7.5mg (1.87%), Fiber: 0.46g (1.83%), Vitamin B1: 0.03mg (1.73%), Iron: 0.3mg (1.68%), Copper: 0.03mg (1.63%), Vitamin B3: 0.32mg (1.6%), Vitamin E: 0.19mg (1.24%), Folate: 4.98µg (1.24%), Vitamin B5: 0.1mg (1.05%)