



Wild Man Potato Skins

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



681 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup arrowroot flour
- 6 ounces butter cubed
- 6 cups canola oil
- 2 eggs beaten
- 4 green onions sliced
- 10 servings kosher salt
- 1 teaspoon paprika
- 10 servings freshly cracked pepper black

- 5 russet potatoes
- 1 small shallots minced
- 7 slices bacon thick-cut
- 8 ounces cheddar white grated

Equipment

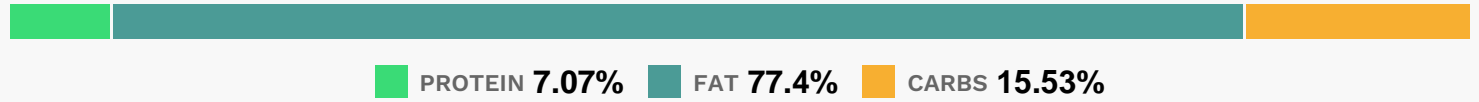
- bowl
- frying pan
- baking sheet
- oven
- dutch oven

Directions

- Preheat the oven to 350 degrees F.
- Skin the potatoes. Reserve the skins.
- Add 1 teaspoon salt to the potato skins and let sit.
- Dice the potato flesh and boil until fork tender. Do not over boil.
- Put the potato skins into a clean towel and wring out any moisture. Toss the skins with 1/2 teaspoon more salt and 1/2 teaspoon of the paprika.
- Spread on a baking sheet.
- Bake for 15 minutes.
- Cook the bacon until crisp.
- Remove from the pan to cool slightly. Dice the bacon.
- In a saute pan over medium heat, cook the shallots in a little butter until soft.
- In a large bowl, mix together the shallots, white Cheddar, green onions and remaining butter until partially creamy and partially chunky. Then fold in the bacon.
- Add salt and pepper to taste and mix to combine. Refrigerate the mixture until cool.
- When ready to serve, fill a Dutch oven with the canola oil and heat to 375 degrees F.

- In another bowl, add the remaining 1/2 teaspoon paprika and some salt and pepper to the arrowroot flour. Make 1-inch balls with the potato mix. Then dip in the egg, dip in the arrowroot flour, dip in the egg again and stuff the potato skins. Fry until golden brown and warm, 1 to 2 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:20.09, Inflammation Score:-7, Nutrition Score:13.556956477787%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 680.91kcal (34.05%), Fat: 59.36g (91.32%), Saturated Fat: 18.74g (117.12%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 24.88g (9.05%), Sugar: 1.1g (1.23%), Cholesterol: 108.62mg (36.21%), Sodium: 637.48mg (27.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.41%), Vitamin E: 5.57mg (37.11%), Vitamin K: 33.12µg (31.55%), Vitamin B6: 0.48mg (24.1%), Phosphorus: 224.62mg (22.46%), Selenium: 14.86µg (21.23%), Calcium: 192.42mg (19.24%), Vitamin A: 857.24IU (17.14%), Potassium: 555.92mg (15.88%), Vitamin B2: 0.21mg (12.27%), Manganese: 0.24mg (11.81%), Vitamin B1: 0.17mg (11.52%), Vitamin B3: 2.19mg (10.96%), Zinc: 1.61mg (10.74%), Magnesium: 37.25mg (9.31%), Vitamin C: 7.17mg (8.7%), Vitamin B12: 0.47µg (7.89%), Iron: 1.39mg (7.72%), Fiber: 1.9g (7.61%), Vitamin B5: 0.73mg (7.33%), Copper: 0.15mg (7.29%), Folate: 28.8µg (7.2%), Vitamin D: 0.41µg (2.75%)