

Skinless Potato Skins

Publix Aprons
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2 tablespoons fresh chives, finely chopped
4 bakery-made Chicago hard rolls
1 cup baked potato salad
1 cup shredded Cheddar cheese, divided
8 teaspoons peppered bacon bits, divided
1/3 cup sour cream, divided

Preheat the oven to 425 degrees.

Cut the rolls into quarters. Pull out the center of each roll piece.

Spread one teaspoon of potato salad over each roll quarter. Top with one tablespoon of the cheese. Sprinkle with 1/2 teaspoon of the bacon. Place the roll quarters in a muffin pan (for ease in handling).

Bake for 4 to 5 minutes or until the cheese melts.

Top each roll quarter with sour cream. Sprinkle with chives.

Per Serving (excluding unknown items): 619 Calories; 53g Fat (77.1% calories from fat); 31g Protein; 5g Carbohydrate; trace Dietary Fiber; 152mg Cholesterol; 742mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 8 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	619	Vitamin B6 (mg):	.1mg
% Calories from Fat:	77.1%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.7%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	53g	Folacin (mcg):	35mcg
Saturated Fat (g):	34g	Niacin (mg):	trace
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

Cholesterol (mg):	152mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	31g
Sodium (mg):	742mg
Potassium (mg):	238mg
Calcium (mg):	909mg
Iron (mg):	1mg
Zinc (mg):	4mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	2057IU
Vitamin A (r.e.):	565 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 619 Calories from Fat: 478

% Daily Values*

Total Fat 53g	82%
Saturated Fat 34g	169%
Cholesterol 152mg	51%
Sodium 742mg	31%
Total Carbohydrates 5g	2%
Dietary Fiber trace	1%
Protein 31g	
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Vitamin A	41%
Vitamin C	7%
Calcium	91%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.