

# Snackin' Potato Skins

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

## **Yield: 40 appetizers**

*5 medium baking potatoes, baked and cooled*

*1/4 cup hard margarine (or butter), melted*

*sprinkle seasoned salt*

## **Bake: 10 minutes**

Preheat the oven to 400 degrees.

Cut the potatoes in half lengthwise. Cut each half in half lengthwise. Cut all twenty strips in half crosswise for a total of forty pieces. Scoop away most of the potato, leaving a thin layer on each skin. Reserve the potato pulp for another use.

Brush both sides of the potato with margarine. Sprinkle with seasoned salt. Place, skin-side up on a greased baking sheet.

Bake for 10 to 15 minutes until crisp.

Serve with chopped green onion and sour cream on the side.

*Variations can include using taco seasoning mix instead of seasoned salt.*

*You may also omit the margarine and seasoned salt and sprinkle with a cup of grated Cheddar cheese and crumbled bacon.*

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Per Serving (excluding unknown items): 727 Calories; 1g Fat (1.1% calories from fat); 19g Protein; 165g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 11 Grain(Starch).

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	727	<b>Vitamin B6 (mg):</b>	2.3mg
<b>% Calories from Fat:</b>	1.1%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	88.7%	<b>Thiamin B1 (mg):</b>	.8mg
<b>% Calories from Protein:</b>	10.2%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	118mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	14mg

**Monounsaturated Fat (g):** 0g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 165g  
**Dietary Fiber (g):** 15g  
**Protein (g):** 19g  
**Sodium (mg):** 55mg  
**Potassium (mg):** 4996mg  
**Calcium (mg):** 64mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 181mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 11  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 727 **Calories from Fat:** 8

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### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	55mg	2%
<b>Total Carbohydrates</b>	165g	55%
Dietary Fiber	15g	59%
<b>Protein</b>	19g	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		302%
<b>Calcium</b>		6%
<b>Iron</b>		39%

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