

Spicy Potato Skins

Boars Head

Yield: 6 halves

*8 slices bacon
8 ounces Monterey Jack cheese with
jalapeno, shredded
1/2 cup green onion, sliced
1/2 cup sour cream
1/2 teaspoon black pepper
1/2 teaspoon Kosher salt
3 medium baking potatoes*

Preheat the oven to 400 degrees.

Cook the bacon until crispy. Scrub the potatoes thoroughly.

Bake for one hour or until done.

Allow the potatoes to cool to the touch. Cut in half lengthwise. Carefully scoop the pulp leaving a 1/4-inch shell (reserve the pulp for another recipe or discard).

Sprinkle the potato with salt and pepper. Add crumbled bacon and green onions. Top off with cheese.

Place the potato skins on a baking sheet and place under the broiler while the cheese melts.

The potato skins may be served with sour cream, if desired.

Per Serving (excluding unknown items): 992 Calories; 50g Fat (44.4% calories from fat); 31g Protein; 109g Carbohydrate; 10g Dietary Fiber; 94mg Cholesterol; 1851mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 8 1/2 Fat.

Appetizer

Per Serving Nutritional Analysis

Calories (kcal):	992	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	44.4%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	43.2%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	12.5%	Riboflavin B2 (mg):	.5mg

Total Fat (g): 50g
Saturated Fat (g): 24g
Monounsaturated Fat (g): 19g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 94mg
Carbohydrate (g): 109g
Dietary Fiber (g): 10g
Protein (g): 31g
Sodium (mg): 1851mg
Potassium (mg): 3555mg
Calcium (mg): 218mg
Iron (mg): 6mg
Zinc (mg): 4mg
Vitamin C (mg): 136mg
Vitamin A (i.u.): 1095IU
Vitamin A (r.e.): 291 1/2RE

Folacin (mcg): 116mcg
Niacin (mg): 12mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 6 1/2
Lean Meat: 2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 992 Calories from Fat: 440

% Daily Values*

Total Fat 50g	76%
Saturated Fat 24g	120%
Cholesterol 94mg	31%
Sodium 1851mg	77%
Total Carbohydrates 109g	36%
Dietary Fiber 10g	41%
Protein 31g	
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Vitamin A	22%
Vitamin C	227%
Calcium	22%
Iron	34%

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