

Blue Cheese Potato Bites

50 Colorful Snacks
Food Network Magazine

10 1-1/2-inch blue potatoes, halved
olive oil
salt
pepper
1/2 cup sour cream
1 tablespoon blue cheese, crumbled
1 teaspoon poppy seeds
1/4 teaspoon Kosher salt

Preheat the oven to 400 degrees.

On a rimmed baking sheet, toss the potatoes with olive oil, salt and pepper.

Roast about 30 minutes, until tender. Let cool.

In a bowl, mix the sour cream, blue cheese, poppy seeds and Kosher salt.

Serve with a dollop of blue cheese topping over the potatoes.

Per Serving (excluding unknown items): 287 Calories; 27g Fat (84.4% calories from fat); 6g Protein; 6g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 631mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 5 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	287
% Calories from Fat:	84.4%
% Calories from Carbohydrates:	7.9%
% Calories from Protein:	7.8%
Total Fat (g):	27g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	56mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 6g
Sodium (mg): 631mg
Potassium (mg): 204mg
Calcium (mg): 214mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 960IU
Vitamin A (r.e.): 288RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 287 Calories from Fat: 242

% Daily Values*

Total Fat	27g		42%
	Saturated Fat	16g	82%
Cholesterol	56mg		19%
Sodium	631mg		26%
Total Carbohydrates	6g		2%
	Dietary Fiber	trace	1%
Protein	6g		
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Vitamin A			19%
Vitamin C			2%
Calcium			21%
Iron			2%

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