

Cheesy Hasselbacks

Good Housekeeping Magazine - Jan. 2016

Servings: 6

6 medium russet potatoes, don't cut all the way through

3 tablespoons olive oil, divided salt (to taste)

cheddar cheese, cut into thin sticks

sour cream (for garnish)

chives (for garnish)

bacon (for garnish)

Preheat the oven to 425 degrees.

Thinly slice the potatoes (but don't cut all of the way through). Brush the potatoes with 1-1/2 tablespoons of olive oil.

Bake for 30 minutes.

Brush with another 1-1/2 tablespoons of olive oil. Sprinkle with salt.

Bake for 30 minutes more or until tender.

Stuff the potatoes with cheddar cheese sticks between the slices.

Bake until the cheese melts.

Per Serving (excluding unknown items): 119 Calories; 7g Fat (50.5% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	119	Vitamin B6 (mg):	.2mg
% Calories from Fat:	50.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	44.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	10mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	13g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	5mg
Potassium (mg):	407mg
Calcium (mg):	5mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	15mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

% Daily Value* 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 119 Calories from Fat: 60

% Daily Values*

Total Fat 7g	10%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	5%
Protein 2g	
<hr/>	
Vitamin A	0%
Vitamin C	25%
Calcium	1%
Iron	3%

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