

Smoked Schmeared Potatoes

*Alison Ladman - Associated Press
Scripps Treasure Coast Newspapers*

Yield: 12 pieces

*2 medium red potatoes
olive oil
salt and ground black pepper
1/4 cup garlic-herb cheese spread
(such as Boursin)
1/2 eight-ounce package smoked
trout*

Preparation Time: 10 minutes

Preheat the oven to 400 degrees.

Slice each potato into six 1/2-inch-thick slabs. Brush the potato slices with olive oil on both sides. Season with salt and pepper.

Arrange the slices on a rimmed baking sheet and roast for 15 to 20 minutes or until tender.

Allow to cool. Spread a bit of the cheese onto each potato slice. Top with a piece of the smoked trout.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 119 Calories; trace Fat (1.0% calories from fat); 3g Protein; 27g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 1/2 Grain(Starch).

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 119 | Vitamin B6 (mg): | .4mg |
| % Calories from Fat: | 1.0% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 88.8% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 10.2% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 19mcg |
| Saturated Fat (g): | trace | Niacin (mg): | 2mg |
| Monounsaturated Fat (g): | 0g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Daily Value: | n n% |
| | 27g | | |

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 2g
Protein (g): 3g
Sodium (mg): 9mg
Potassium (mg): 815mg
Calcium (mg): 11mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 30mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Amount Per Serving

Calories 119 Calories from Fat: 1

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 9mg | 0% |
| Total Carbohydrates | 27g | 9% |
| Dietary Fiber | 2g | 10% |
| Protein | 3g | |
| <hr/> | | |
| Vitamin A | | 0% |
| Vitamin C | | 49% |
| Calcium | | 1% |
| Iron | | 6% |

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