



CP'S BAKED POTATO SKINS



MAKES:
12 POTATO
SKINS

SERVING SIZE:
2 POTATO
SKINS

**CALORIES
PER SERVING**

296 kcal

P

18g

C

39g

NET CARBS: 35g

F

8g

**PREP AND
COOK TIME:**



**PREP TIME
10 MINUTES**



**COOK TIME
55 MINUTES**



**TOTAL TIME
65 MINUTES**

EQUIPMENT NEEDED:



Baking sheet



Fork



Spoon



Mixing bowl



Air Fryer or Oven

INGREDIENTS:



6 medium (900g)
Russet potatoes



1 cup (120g) reduced-
fat shredded cheddar
cheese



12 tbsp (84g)
real bacon bits



12 tbsp (245g)
nonfat plain Greek
yogurt



1 spray (5g)
olive oil spray



½ tsp (3g)
garlic salt

INSTRUCTIONS:

Bake the Potatoes

Preheat your oven to 400°F (200°C).
Pierce each potato several times with a fork.
Place potatoes directly on the oven rack and bake for 50-60 minutes, until fork-tender.
Let them cool until they are safe to handle.



2 Prepare the Potato Skins

Cut each potato in half lengthwise.
Scoop out the insides, leaving about ¼ inch of potato flesh attached to the skin. (Save the scooped-out potato for mashed potatoes or another recipe!)
Spritz each skin with olive oil spray and sprinkle with garlic salt. Evenly distribute the shredded cheddar cheese and bacon bits across the potato skins.
Air fry at 450°F for 5 minutes, or bake at 450°F for 10 minutes, until crispy and golden.



3 Serve & Enjoy

Serve with nonfat Greek yogurt as a high-protein sour cream alternative.



MAKES SERVINGS
RECIPE TOTAL COST: \$8.15

TRACK THIS
RECIPE AND
HUNDREDS MORE
ON THE KEPT APP!



KEPT
with Chris Powell™

COMPARISON TO RESTAURANT-STYLE POTATO SKINS:

Category	CP's High-Protein Baked Potato Skins	Restaurant-Style Potato Skins
Calories	312 kcal	450 kcal
Protein	18g	12g
Carbs	39g	45g
Fat	9.3g	45g
Net Carbs	35g	
Cost per serving	\$1.36	\$4.99