

Angela's Potatoes

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



12

CALORIES



276 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 0.3 cup milk
- 2 pounds potatoes peeled sliced
- 1 pound processed cheese food
- 1 ounce dressing mix dry ranch-style
- 3 tablespoons water

Equipment

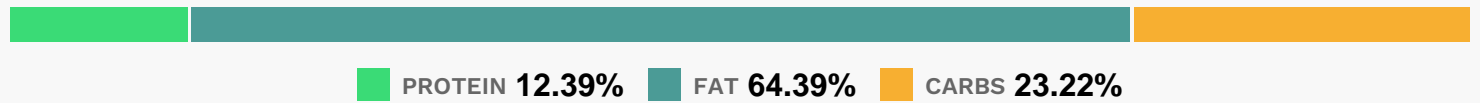
- sauce pan

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 9x13 inch baking dish with aluminum foil.
- Place potatoes and water in baking dish and cover with aluminum foil.
- Bake in the preheated oven 1 hour.
- In a medium saucepan over medium heat, melt together processed cheese food and butter. Stir in dry ranch-style dressing mix and milk.
- Pour the processed cheese food mixture over potatoes. Return to oven, reseal and continue cooking 30 minutes, until potatoes are tender and processed cheese food mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:16.56, Glycemic Load:10.14, Inflammation Score:-5, Nutrition Score:9.3717391957407%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 275.88kcal (13.79%), Fat: 19.92g (30.64%), Saturated Fat: 11.8g (73.76%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 14.5g (5.27%), Sugar: 1.69g (1.88%), Cholesterol: 58.74mg (19.58%), Sodium: 876.28mg (38.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.25%), Calcium: 412.71mg (41.27%), Phosphorus: 292.79mg (29.28%), Vitamin C: 14.89mg (18.05%), Vitamin B6: 0.25mg (12.34%), Vitamin A: 603.31IU (12.07%), Selenium: 8.05µg (11.5%), Potassium: 378.06mg (10.8%), Vitamin B12: 0.61µg (10.18%), Zinc: 1.19mg (7.93%), Vitamin B2: 0.12mg (7.23%), Magnesium: 28.05mg (7.01%), Fiber: 1.66g (6.65%), Manganese: 0.13mg (6.57%), Copper: 0.1mg (4.98%), Vitamin B1: 0.07mg (4.63%), Iron: 0.83mg (4.61%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.41mg (4.05%), Folate: 15.4µg (3.85%), Vitamin E: 0.53mg (3.55%), Vitamin K: 3.1µg (2.95%), Vitamin D: 0.28µg (1.88%)