



## Artichoke and Bacon Potato Bake

 Gluten Free

READY IN



575 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices bacon cut into 1/2-inch pieces
- 4 cups potatoes frozen with onions and peppers (from 28-oz. pkg.)
- 1.5 cups sharp cheddar cheese shredded
- 14 oz artichokes drained quartered canned
- 4 eggs
- 0.8 cup milk
- 0.5 teaspoon highest available proof grain spirit
- 0.3 teaspoon salt

- 1 medium plum tomatoes italian thinly sliced

## Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. Cook bacon in large skillet over medium-high heat until crisp.
- Remove bacon from skillet; drain on paper towel.
- In large bowl, combine cooked bacon, potatoes and 1 cup of the cheese; toss to mix.
- Spread half of potato mixture in sprayed baking dish. Top with artichokes and remaining potato mixture.
- In same large bowl, beat eggs, milk, garlic-pepper blend and salt until well blended.
- Pour over potato mixture.
- Sprinkle with remaining 1/2 cup cheese. Cover with foil; refrigerate at least 8 hours or overnight.
- Heat oven to 350°F.
- Bake covered for 45 minutes.
- Uncover baking dish; arrange tomato slices over top.
- Bake uncovered an additional 15 to 20 minutes or until knife inserted in center comes out clean.
- Let stand 10 minutes before serving.

## Nutrition Facts

PROTEIN 18% FAT 50.85% CARBS 31.15%

## Properties

Glycemic Index:45.79, Glycemic Load:19.98, Inflammation Score:-7, Nutrition Score:21.0952172694%

## Flavonoids

Naringenin: 8.34mg, Naringenin: 8.34mg, Naringenin: 8.34mg, Naringenin: 8.34mg Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 440.04kcal (22%), Fat: 25.26g (38.87%), Saturated Fat: 10.87g (67.96%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 28.02g (10.19%), Sugar: 3.7g (4.11%), Cholesterol: 160.39mg (53.46%), Sodium: 600.21mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.25%), Vitamin C: 36.74mg (44.53%), Phosphorus: 404.1mg (40.41%), Selenium: 24.04µg (34.34%), Vitamin B6: 0.67mg (33.28%), Calcium: 302.22mg (30.22%), Potassium: 1026.48mg (29.33%), Fiber: 6.8g (27.21%), Vitamin B2: 0.42mg (24.47%), Magnesium: 92.08mg (23.02%), Folate: 89.04µg (22.26%), Manganese: 0.42mg (20.83%), Vitamin B1: 0.28mg (18.79%), Copper: 0.36mg (17.77%), Zinc: 2.66mg (17.73%), Vitamin B3: 3.51mg (17.53%), Vitamin B5: 1.49mg (14.95%), Iron: 2.65mg (14.75%), Vitamin B12: 0.87µg (14.53%), Vitamin K: 14.13µg (13.46%), Vitamin A: 599.28IU (11.99%), Vitamin D: 1.21µg (8.06%), Vitamin E: 0.86mg (5.73%)