



Artichoke and Bacon Potato Bake

 Gluten Free

READY IN



575 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz artichokes drained quartered canned
- 8 slices bacon cut into 1/2-inch pieces
- 4 eggs
- 0.8 cup milk
- 0.5 teaspoon garlic
- 1 medium plum tomatoes italian thinly sliced
- 4 cups potatoes frozen with onions and peppers (from 28-oz. pkg.)
- 0.3 teaspoon salt

- 1.5 cups sharp cheddar cheese shredded

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 350F.
- 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 18.01% FAT 50.97% CARBS 31.02%

Properties

Glycemic Index:41.46, Glycemic Load:19.84, Inflammation Score:-7, Nutrition Score:21.059130419856%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 438.95kcal (21.95%), Fat: 25.26g (38.86%), Saturated Fat: 10.87g (67.96%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 27.81g (10.11%), Sugar: 3.69g (4.1%), Cholesterol: 160.39mg (53.46%), Sodium: 600.22mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Vitamin C: 36.81mg (44.62%), Phosphorus: 402.71mg (40.27%), Selenium: 24.06µg (34.38%), Vitamin B6: 0.67mg (33.35%), Calcium: 302.59mg (30.26%), Potassium: 1025.73mg (29.31%), Fiber: 6.78g (27.13%), Vitamin B2: 0.42mg (24.42%), Magnesium: 91.42mg (22.85%), Folate: 88.66µg (22.16%), Manganese: 0.42mg (20.76%), Vitamin B1: 0.28mg (18.79%), Copper: 0.35mg (17.7%), Zinc: 2.64mg (17.58%), Vitamin B3: 3.48mg (17.4%), Vitamin B5: 1.49mg (14.92%), Iron: 2.65mg (14.72%), Vitamin B12: 0.87µg (14.53%), Vitamin K: 14.13µg (13.46%), Vitamin A: 599.23IU (11.98%), Vitamin D: 1.21µg (8.06%), Vitamin E: 0.86mg (5.71%)