



## Bacon-Cheddar Potatoes

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 pounds baking potato diced peeled
- ☐ 0.1 teaspoon pepper black
- ☐ 6 bacon crumbled cooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 teaspoon salt divided
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat

☐ 0.8 cup water

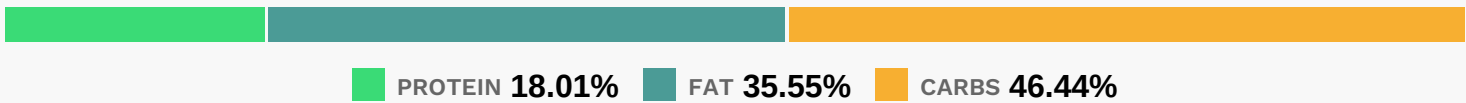
## Equipment

☐ sauce pan

## Directions

- ☐ Bring 3/4 cup water to a boil in a medium saucepan.
- ☐ Add potato, bell pepper, 1/8 teaspoon salt, and black pepper; cook 15 minutes or until potato is tender, stirring once.
- ☐ Remove potato mixture from heat; stir in remaining 1/8 teaspoon salt, green onions, parsley, and cheese.
- ☐ Let stand 2 minutes or until cheese melts.
- ☐ Sprinkle with bacon.

## Nutrition Facts



## Properties

Glycemic Index:54.44, Glycemic Load:24.66, Inflammation Score:-7, Nutrition Score:19.332608611687%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

## Nutrients (% of daily need)

Calories: 290.24kcal (14.51%), Fat: 11.7g (17.99%), Saturated Fat: 5.6g (34.99%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 31.07g (11.3%), Sugar: 2.34g (2.6%), Cholesterol: 33.14mg (11.05%), Sodium: 501.95mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin K: 93.81µg (89.34%), Vitamin C: 46.98mg (56.95%), Vitamin B6: 0.76mg (38.02%), Potassium: 906.88mg (25.91%), Phosphorus: 251.84mg (25.18%), Calcium: 193.35mg (19.34%), Selenium: 12.86µg (18.38%), Manganese: 0.35mg (17.58%), Vitamin B3: 3.33mg (16.63%), Vitamin B1: 0.24mg (16.28%), Vitamin A: 797.88IU (15.96%), Magnesium: 57.24mg (14.31%), Fiber: 3.31g (13.24%), Copper: 0.24mg (12.17%), Iron: 2.16mg (12.01%), Zinc: 1.78mg (11.89%), Vitamin B2: 0.2mg (11.88%), Folate: 45.71µg (11.43%), Vitamin B5: 0.8mg (7.96%), Vitamin B12: 0.36µg (5.94%), Vitamin E: 0.46mg (3.08%), Vitamin D:

0.18µg (1.17%)