



Bacon Cheese Fries

 Gluten Free

READY IN



31 min.

SERVINGS



31

CALORIES



47 kcal

SIDE DISH

Ingredients

- 8 slices oscar mayer bacon fully cooked chopped
- 16 oz ore-ida golden crinkles ()
- 2 green onions sliced
- 1 cup cheddar cheese shredded kraft

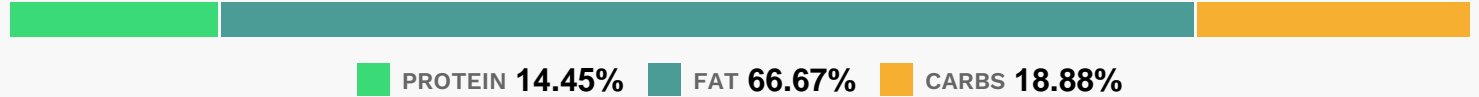
Equipment

- oven
- broiler

Directions

- Bake potatoes as directed on package.
- Heat broiler.
- Transfer potatoes to ovenproof platter; top with bacon, cheese and onions.
- Broil, 4 to 6 inches from heat, 1 to 2 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:2.1747826298942%

Flavonoids

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 47.28kcal (2.36%), Fat: 3.56g (5.47%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.35g (1.49%), Cholesterol: 7.39mg (2.46%), Sodium: 62.28mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin C: 11.08mg (13.43%), Vitamin K: 7.59µg (7.23%), Calcium: 31.73mg (3.17%), Selenium: 2.21µg (3.15%), Phosphorus: 30.13mg (3.01%), Fiber: 0.46g (1.84%), Vitamin E: 0.25mg (1.64%), Zinc: 0.22mg (1.5%), Vitamin B2: 0.03mg (1.47%), Vitamin B3: 0.29mg (1.44%), Vitamin B1: 0.02mg (1.41%), Vitamin B6: 0.03mg (1.35%), Potassium: 45.16mg (1.29%), Folate: 5.07µg (1.27%), Copper: 0.02mg (1.19%), Vitamin A: 59.07IU (1.18%), Vitamin B12: 0.07µg (1.12%), Magnesium: 4.16mg (1.04%)