

# Bacon Cheese Fries

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



426 kcal

SIDE DISH

## Ingredients

- 0.3 cup bacon crumbled cooked
- 32 ounces fries frozen french
- 0.5 cup spring onion thinly sliced
- 10 servings ranch dressing
- 4 ounces cheddar cheese shredded

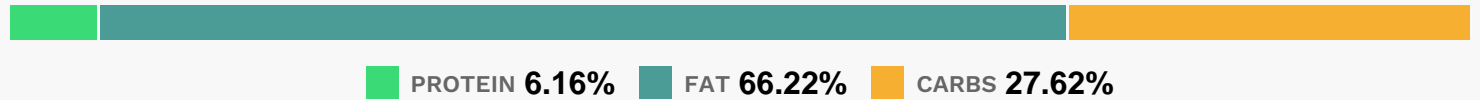
## Equipment

- broiler

## Directions

- Cook French fries according to package directions.
- Place fries on a broiler-proof dish or platter.
- Sprinkle with cheese, onions and bacon. Broil for 1–2 minutes or until cheese is melted.
- Serve with ranch dressing.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:15.12, Inflammation Score:-3, Nutrition Score:9.5413044328275%

## Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 425.96kcal (21.3%), Fat: 31.77g (48.88%), Saturated Fat: 8.73g (54.55%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 25.6g (9.31%), Sugar: 1.56g (1.73%), Cholesterol: 21.94mg (7.31%), Sodium: 837.24mg (36.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Vitamin K: 50.82µg (48.4%), Phosphorus: 190.4mg (19.04%), Fiber: 4.21g (16.85%), Potassium: 445.92mg (12.74%), Vitamin B3: 2.38mg (11.89%), Manganese: 0.23mg (11.41%), Calcium: 100.65mg (10.06%), Vitamin B6: 0.2mg (9.91%), Selenium: 6.18µg (8.82%), Vitamin B5: 0.81mg (8.11%), Vitamin C: 6.66mg (8.07%), Iron: 1.41mg (7.81%), Vitamin B2: 0.11mg (6.75%), Folate: 26.74µg (6.68%), Vitamin B1: 0.09mg (6.23%), Zinc: 0.87mg (5.82%), Magnesium: 22.77mg (5.69%), Vitamin E: 0.79mg (5.27%), Vitamin A: 175.92IU (3.52%), Vitamin B12: 0.2µg (3.37%), Copper: 0.05mg (2.28%)