



Bacon-Fried Taters



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 2.5 pounds baking potatoes cooked cut into 1/2-inch-thick slices
- ☐ 2 green onions sliced
- ☐ 0.5 teaspoon pepper
- ☐ 4 ounce pimientos diced drained
- ☐ 0.8 teaspoon salt

Equipment

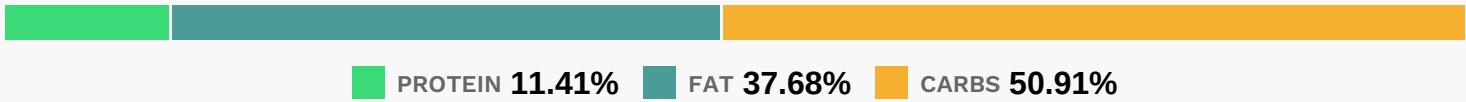
- ☐ frying pan

☐ paper towels

Directions

- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 1/4 cup drippings in skillet. Crumble bacon.
- ☐ Combine sliced potato, half of bacon, onions, and next 3 ingredients in skillet.
- ☐ Cook, covered, over low heat 15 minutes; uncover and cook 10 minutes or until golden brown on bottom.
- ☐ Sprinkle with remaining bacon.

Nutrition Facts



Properties

Glycemic Index:24.22, Glycemic Load:20.46, Inflammation Score:-5, Nutrition Score:9.3113044163455%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 208.96kcal (10.45%), Fat: 8.91g (13.7%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 24.8g (9.02%), Sugar: 1.42g (1.58%), Cholesterol: 14.52mg (4.84%), Sodium: 373.66mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin B6: 0.59mg (29.35%), Vitamin C: 23.39mg (28.35%), Potassium: 671.99mg (19.2%), Manganese: 0.26mg (12.97%), Vitamin B3: 2.48mg (12.38%), Vitamin B1: 0.18mg (12.11%), Phosphorus: 113.93mg (11.39%), Vitamin K: 10.41µg (9.92%), Magnesium: 37.05mg (9.26%), Iron: 1.66mg (9.22%), Fiber: 2.28g (9.11%), Copper: 0.17mg (8.4%), Vitamin A: 416.49IU (8.33%), Selenium: 5.04µg (7.2%), Folate: 22.78µg (5.69%), Vitamin B5: 0.55mg (5.54%), Zinc: 0.72mg (4.78%), Vitamin B2: 0.08mg (4.56%), Calcium: 23.37mg (2.34%), Vitamin B12: 0.11µg (1.83%), Vitamin E: 0.25mg (1.64%)