



## Bacon-Horseradish Potatoes

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**548 kcal**

**SIDE DISH**

### Ingredients

- 2 slices smoky bacon finely chopped
- 2 servings pepper black freshly ground
- 1 tablespoon horseradish prepared
- 3 medium idaho potatoes
- 2 servings drizzle olive oil extra-virgin
- 2 servings salt
- 0.3 cup cup heavy whipping cream sour

### Equipment

frying pan

pot

## Directions

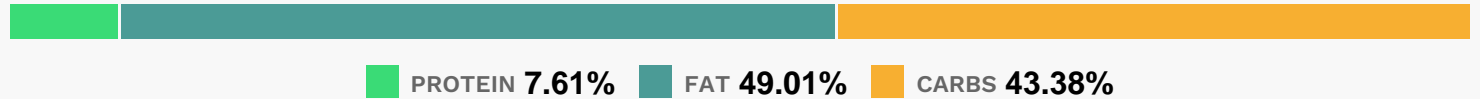
Peel potatoes and cut them into chunks. Cover potatoes with water and bring to a boil; salt water and boil 12 to 15 minutes until tender.

Drain and return to hot pot.

While potatoes cook, heat a small skillet with a drizzle of extra-virgin olive oil over medium-high heat. Brown the bacon then drain and reserve.

Mash potatoes with bacon, sour cream, horseradish and pepper.

## Nutrition Facts



## Properties

Glycemic Index:75.88, Glycemic Load:45.63, Inflammation Score:-5, Nutrition Score:17.137391310671%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 547.66kcal (27.38%), Fat: 30.48g (46.89%), Saturated Fat: 8.82g (55.12%), Carbohydrates: 60.7g (20.23%), Net Carbohydrates: 56.28g (20.46%), Sugar: 3.89g (4.32%), Cholesterol: 37.14mg (12.38%), Sodium: 399.09mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.3%), Vitamin B6: 1.18mg (59.11%), Potassium: 1443.75mg (41.25%), Manganese: 0.53mg (26.55%), Vitamin C: 20.42mg (24.76%), Phosphorus: 239.02mg (23.9%), Vitamin B1: 0.33mg (22.07%), Vitamin B3: 4.26mg (21.29%), Magnesium: 82.16mg (20.54%), Fiber: 4.43g (17.71%), Copper: 0.35mg (17.55%), Iron: 2.99mg (16.59%), Vitamin E: 2.29mg (15.27%), Vitamin K: 15.02µg (14.3%), Folate: 51.32µg (12.83%), Vitamin B5: 1.22mg (12.21%), Vitamin B2: 0.19mg (11.16%), Selenium: 7.33µg (10.48%), Zinc: 1.38mg (9.18%), Calcium: 86.25mg (8.63%), Vitamin A: 250.85IU (5.02%), Vitamin B12: 0.19µg (3.17%)