



Bacon, Potato & Jalapeño Queso Fundido

 Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon chopped
- 1 cup regular corn frozen
- 1 clove garlic minced
- 8 oz low-moisture part-skim mozzarella cheese shredded kraft
- 1 cup onions sliced
- 2 jalapeño peppers seeded sliced
- 8 oz tortilla chips
- 2 cups yukon gold potatoes cubed cooked peeled (5)

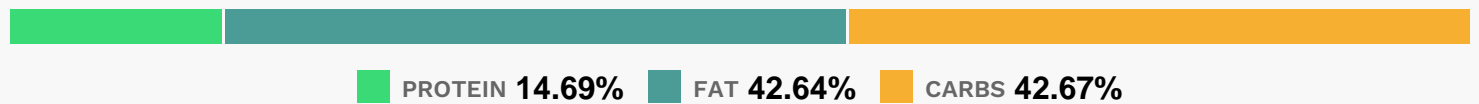
Equipment

- frying pan
- paper towels
- oven
- slotted spoon

Directions

- Heat oven to 350F.
- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 tsp. drippings from skillet.
- Add potatoes, corn, onions, peppers and garlic to reserved drippings; cook 8 to 10 min. or until heated through, stirring occasionally.
- Reserve 2 Tbsp. bacon for later use. Stir remaining bacon into potato mixture; spoon into 9-inch pie plate. Top with cheese.
- Bake 12 to 15 min. or until heated through. Top with reserved bacon.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:4.05, Inflammation Score:-3, Nutrition Score:6.4047826062078%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 177.44kcal (8.87%), Fat: 8.61g (13.24%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.25g (6.27%), Sugar: 1.28g (1.43%), Cholesterol: 14.52mg (4.84%), Sodium: 192.02mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin C: 19.33mg (23.43%), Phosphorus: 141.39mg (14.14%), Calcium: 134.37mg (13.44%), Vitamin B6: 0.21mg (10.53%), Fiber: 2.13g (8.53%), Magnesium: 28.79mg (7.2%), Potassium: 250.25mg (7.15%), Selenium: 4.57µg (6.53%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.88mg (5.87%), Vitamin B3: 1.03mg (5.17%), Vitamin B2: 0.09mg (5.01%), Manganese: 0.1mg (4.9%), Vitamin K: 4.9µg (4.66%), Vitamin E: 0.62mg (4.11%), Folate: 15.23µg (3.81%), Vitamin B5: 0.37mg (3.71%), Iron: 0.66mg (3.64%), Copper: 0.07mg (3.61%), Vitamin B12: 0.16µg (2.62%), Vitamin A: 127.92IU (2.56%)