



Bacon-Topped Loaded Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- 4.5 oz baked beans
- 1.8 cups water boiling
- 0.7 cup milk
- 0.3 cup alouette garlic & herbs spreadable cheese (from 8 oz container)
- 0.1 teaspoon garlic powder
- 3 slices bacon crumbled cooked
- 2 tablespoons spring onion sliced

Equipment

oven

whisk

Directions

Heat oven to 400°F. Spray 1 1/2-quart casserole with cooking spray. In casserole, stir sauce mix, water, milk, cream cheese and garlic powder with whisk until blended. Stir in potatoes.

Bake uncovered 30 to 35 minutes or until potatoes are tender. Allow to stand 5 minutes to thicken. Stir; sprinkle with bacon and onions.

Nutrition Facts

PROTEIN 14.88% **FAT 59.2%** **CARBS 25.92%**

Properties

Glycemic Index:29.42, Glycemic Load:2.74, Inflammation Score:-2, Nutrition Score:4.5573913079241%

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: 153.06kcal (7.65%), Fat: 10.46g (16.09%), Saturated Fat: 5.35g (33.46%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 8.46g (3.08%), Sugar: 2.03g (2.25%), Cholesterol: 33.52mg (11.17%), Sodium: 356.36mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Phosphorus: 100.3mg (10.03%), Selenium: 5.35µg (7.65%), Fiber: 1.84g (7.36%), Calcium: 72.92mg (7.29%), Manganese: 0.12mg (6.19%), Vitamin K: 6.33µg (6.03%), Potassium: 198.89mg (5.68%), Zinc: 0.84mg (5.61%), Vitamin B1: 0.08mg (5.02%), Vitamin B2: 0.08mg (4.98%), Magnesium: 19.29mg (4.82%), Vitamin B12: 0.28µg (4.75%), Copper: 0.09mg (4.74%), Vitamin B3: 0.83mg (4.16%), Vitamin B6: 0.08mg (4.03%), Iron: 0.65mg (3.6%), Folate: 13.45µg (3.36%), Vitamin D: 0.47µg (3.14%), Vitamin B5: 0.25mg (2.54%), Vitamin A: 98.01IU (1.96%), Vitamin C: 1.2mg (1.46%)