



Bacon Wrapped New Potatoes

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



30 min.

SERVINGS



15

CALORIES



79 kcal

SIDE DISH

Ingredients

- 5 slices bacon cut into thirds
- 15 small new potatoes
- 1 ounce ranch dressing mix

Equipment

- toothpicks
- grill

Directions

- Preheat an outdoor grill for low heat, and lightly oil the grate.
- Wrap each potato with a piece of bacon and secure with a toothpick.
- Sprinkle the potatoes with the powdered ranch dressing mix.
- Place the wrapped potatoes on the grill, turning the potatoes several times to allow the bacon to cook on all sides. The potatoes will be done when the bacon is nice and crispy, about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:7.16, Inflammation Score:-1, Nutrition Score:3.20913041545%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 78.95kcal (3.95%), Fat: 2.96g (4.56%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 9.7g (3.53%), Sugar: 0.44g (0.49%), Cholesterol: 4.84mg (1.61%), Sodium: 193.65mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 11.03mg (13.37%), Vitamin B6: 0.18mg (9.24%), Potassium: 250.28mg (7.15%), Fiber: 1.23g (4.93%), Vitamin B3: 0.89mg (4.43%), Vitamin B1: 0.06mg (4.34%), Manganese: 0.09mg (4.32%), Phosphorus: 42.48mg (4.25%), Magnesium: 13.76mg (3.44%), Copper: 0.06mg (3.18%), Iron: 0.47mg (2.59%), Selenium: 1.64µg (2.35%), Folate: 8.96µg (2.24%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.25mg (1.66%), Vitamin B2: 0.02mg (1.4%), Vitamin K: 1.06µg (1.01%)