



Bacon Wrapped Potato with Honey Scallion Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



695 kcal

SIDE DISH

Ingredients

- ☐ 8 slices applewood bacon smoked cut in 1/2 vertically
- ☐ 0.3 cup butter softened
- ☐ 2 cups canola oil for frying
- ☐ 1 teaspoon parsley leaves fresh chopped
- ☐ 0.3 cup honey
- ☐ 2 large idaho potatoes
- ☐ 0.5 teaspoon cracked pepper black

- ☐ 2 tablespoons scallions chopped
- ☐ 16 toothpicks
- ☐ 16 toothpicks

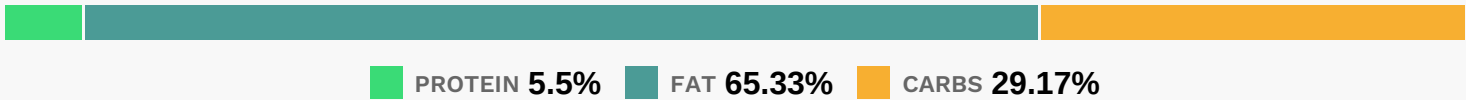
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks
- ☐ tongs

Directions

- ☐ Cut each potato into 8 wedges and parboil until fork tender.
- ☐ In a preheated large saute pan, heat oil on medium-high heat. Wrap each potato wedge with 1 strip of bacon and secure with 1 toothpick on each end. Pan-fry in oil until bacon and potato are golden brown, approximately 8 to 10 minutes, turning frequently with tongs to brown all sides evenly.
- ☐ Remove and drain on paper towels.
- ☐ Meanwhile, in a medium bowl, mix butter, honey, black pepper, scallions and parsley. Stir with a spoon until fully mixed.
- ☐ Toss potatoes in the glaze.
- ☐ Remove toothpicks and serve.

Nutrition Facts



Properties

Glycemic Index:70.76, Glycemic Load:35.41, Inflammation Score:-5, Nutrition Score:13.450000115063%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg 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: 694.98kcal (34.75%), Fat: 51.53g (79.28%), Saturated Fat: 14.84g (92.77%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 49.17g (17.88%), Sugar: 18.62g (20.69%), Cholesterol: 59.54mg (19.85%), Sodium: 393.12mg (17.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.53%), Vitamin B6: 0.76mg (38.08%), Vitamin E: 4.48mg (29.84%), Vitamin K: 27.31µg (26.01%), Potassium: 882.65mg (25.22%), Vitamin B3: 3.73mg (18.65%), Vitamin B1: 0.28mg (18.36%), Manganese: 0.35mg (17.41%), Phosphorus: 170.61mg (17.06%), Selenium: 9.92µg (14.18%), Vitamin C: 11.22mg (13.6%), Magnesium: 49.46mg (12.37%), Copper: 0.22mg (11.1%), Iron: 1.93mg (10.72%), Fiber: 2.58g (10.33%), Vitamin B5: 0.84mg (8.35%), Vitamin A: 406.05IU (8.12%), Zinc: 1.13mg (7.52%), Folate: 28.68µg (7.17%), Vitamin B2: 0.11mg (6.6%), Vitamin B12: 0.24µg (4.07%), Calcium: 34.16mg (3.42%), Vitamin D: 0.18µg (1.17%)