



Bacon-Wrapped Potatoes

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



2

CALORIES



366 kcal

SIDE DISH

Ingredients

- 1 small onion thinly sliced
- 2 medium baking potatoes halved lengthwise
- 4 bacon

Equipment

- oven
- baking pan
- toothpicks

Directions

- Layer onion slices on cut side of two potato halves; top with other potato half. Wrap each potato with two bacon strips. Secure with toothpicks.
- Place on a lightly greased baking pan.
- Bake, uncovered, at 325° for 1 hour and 20 minutes or until potato is tender and bacon is crispy. Discard toothpicks.

Nutrition Facts

PROTEIN 11.34% **FAT 42.94%** **CARBS 45.72%**

Properties

Glycemic Index:55.88, Glycemic Load:30.99, Inflammation Score:-4, Nutrition Score:12.375217261522%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 365.75kcal (18.29%), Fat: 17.67g (27.18%), Saturated Fat: 5.92g (37%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 38.96g (14.17%), Sugar: 2.8g (3.12%), Cholesterol: 29.04mg (9.68%), Sodium: 303.33mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (20.99%), Vitamin B6: 0.89mg (44.69%), Potassium: 1026.43mg (29.33%), Vitamin B1: 0.31mg (20.81%), Vitamin B3: 4.01mg (20.07%), Manganese: 0.38mg (19.22%), Phosphorus: 190.66mg (19.07%), Vitamin C: 14.73mg (17.86%), Magnesium: 57.77mg (14.44%), Selenium: 9.87µg (14.1%), Fiber: 3.36g (13.46%), Copper: 0.25mg (12.58%), Iron: 2.09mg (11.59%), Vitamin B5: 0.93mg (9.28%), Folate: 36.47µg (9.12%), Zinc: 1.2mg (7.98%), Vitamin B2: 0.12mg (6.79%), Calcium: 37.94mg (3.79%), Vitamin K: 3.97µg (3.78%), Vitamin B12: 0.22µg (3.67%), Vitamin E: 0.22mg (1.45%), Vitamin D: 0.18µg (1.17%)