



Bacon-Wrapped Potatoes with Queso Blanco Dip

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz chilis green chopped canned
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup half and half
- ☐ 0.5 teaspoon pepper
- ☐ 8 oz pepper jack cheese shredded

- ☐ 1 plum tomatoes diced seeded
- ☐ 12 ounces queso fresco cubed prepared
- ☐ 0.5 cup onion diced red
- ☐ 2 medium size potatoes – remove skin red cut into 8 wedges each
- ☐ 0.5 teaspoon salt
- ☐ 16 slices bacon

Equipment

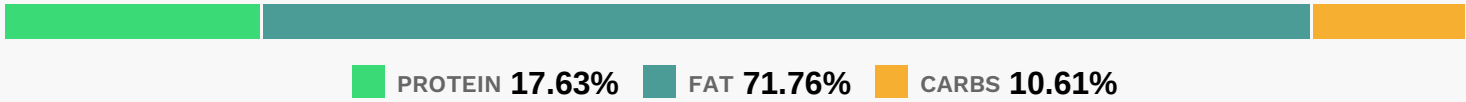
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Place a lightly greased wire rack in an aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Preheat oven to 425
- ☐ Sprinkle potato wedges with salt. Wrap each with 1 bacon slice. Arrange potato wedges in a single layer in prepared pan.
- ☐ Sprinkle with pepper.
- ☐ Bake at 425 for 40 to 45 minutes or until bacon is crisp and browned.
- ☐ Meanwhile, saut onion in hot oil in a small nonstick skillet over medium-high heat 5 minutes or until tender.
- ☐ Add garlic, and saut 1 minute.
- ☐ Remove from heat.
- ☐ Combine queso blanco, next 3 ingredients, and onion mixture in a large microwave-safe glass bowl. Microwave at HIGH 2 1/2 minutes; stir and microwave 2 1/2 more minutes or until cheese is melted and mixture is smooth, stirring at 1-minute intervals.
- ☐ Stir diced tomato and cilantro into queso blanco mixture.

- ☐ Serve dip with potato wedges.
- ☐ Note: We tested with Velveeta Queso Blanco for prepared cheese product.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:14.39217387075%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 498.29kcal (24.91%), Fat: 39.81g (61.25%), Saturated Fat: 17.97g (112.34%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.79g (4.29%), Sugar: 3.08g (3.42%), Cholesterol: 88.91mg (29.64%), Sodium: 1002.27mg (43.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22g (44.01%), Calcium: 485.72mg (48.57%), Phosphorus: 407.13mg (40.71%), Selenium: 22.07µg (31.53%), Vitamin B12: 1.2µg (19.97%), Zinc: 2.75mg (18.35%), Vitamin B2: 0.28mg (16.21%), Vitamin B6: 0.31mg (15.54%), Vitamin A: 751.38IU (15.03%), Vitamin C: 11.62mg (14.08%), Potassium: 481.98mg (13.77%), Vitamin B1: 0.2mg (13.42%), Vitamin B3: 2.59mg (12.96%), Vitamin D: 1.49µg (9.96%), Magnesium: 39.23mg (9.81%), Folate: 29.18µg (7.29%), Vitamin B5: 0.69mg (6.86%), Manganese: 0.14mg (6.78%), Copper: 0.13mg (6.34%), Iron: 1.12mg (6.25%), Vitamin K: 6.54µg (6.22%), Fiber: 1.46g (5.85%), Vitamin E: 0.83mg (5.52%)