



Bacon-Wrapped Tater Tots®

 **Gluten Free**

READY IN



30 min.

SERVINGS



24

CALORIES



258 kcal

SIDE DISH

Ingredients

- 24 dashes pepper sauce hot to taste redhot® (such as Frank's)
- 24 bite-sized potato nuggets frozen tater tots® (such as)
- 4 slices sharp cheddar cheese cut into 6 small pieces
- 12 slices center-cut bacon cut in half crosswise

Equipment

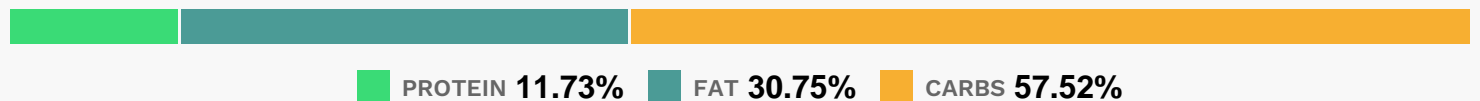
- baking sheet
- baking paper
- oven

toothpicks

Directions

- Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper.
- Lay each slice of bacon onto a work surface and place a potato nugget in the center of each bacon slice.
- Cut a slit down the center of each potato nugget and place a Cheddar cheese piece into the slit. Top each nugget with a dash of hot sauce. Wrap bacon around each filled potato nugget and secure the bacon to the nugget with a toothpick.
- Transfer the wrapped nuggets to the prepared baking sheet.
- Bake in the preheated oven until nuggets are cooked through and bacon is crispy, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:4.61, Glycemic Load:27.27, Inflammation Score:-4, Nutrition Score:12.175217460031%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 258.12kcal (12.91%), Fat: 8.92g (13.73%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 32.87g (11.95%), Sugar: 1.68g (1.86%), Cholesterol: 16.55mg (5.52%), Sodium: 165.1mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin C: 42.04mg (50.95%), Vitamin B6: 0.68mg (33.98%), Potassium: 936.11mg (26.75%), Fiber: 4.69g (18.75%), Phosphorus: 168.71mg (16.87%), Manganese: 0.33mg (16.42%), Vitamin B3: 2.97mg (14.86%), Vitamin B1: 0.22mg (14.76%), Magnesium: 52.42mg (13.1%), Copper: 0.24mg (11.96%), Iron: 1.74mg (9.68%), Folate: 35.07µg (8.77%), Selenium: 5.58µg (7.97%), Vitamin B5: 0.75mg (7.5%), Zinc: 1mg (6.68%), Vitamin B2: 0.1mg (6.08%), Calcium: 59.46mg (5.95%), Vitamin K: 4.16µg (3.96%), Vitamin B12: 0.14µg (2.32%), Vitamin A: 57.84IU (1.16%)