



Bacon Wrapped Tater Tots

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



70 min.

SERVINGS



16

CALORIES



372 kcal

SIDE DISH

Ingredients

- 6 slices processed cheese food
- 2 pounds bacon sliced cut in half
- 32 ounce potato tots

Equipment

- frying pan
- baking sheet
- paper towels
- oven

toothpicks

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Arrange the tater tots in a single layer on a large baking sheet.
- Bake for about 10 minutes, so that they are no longer frozen but not completely cooked.
- Remove from the oven and allow to cool.
- Place bacon slices in a skillet over medium heat. Fry bacon until cooked through but still flexible.
- Drain on paper towels.
- Break each slice of cheese into small pieces. Each slice should make about 16 pieces.
- Place a piece of cheese against the side of a tater tot. Wrap with a piece of the bacon and secure with a toothpick.
- Place on a baking sheet. Repeat until you run out of tots.
- Bake for about 30 minutes in the preheated oven, until the bacon is crisp.

Nutrition Facts

 **PROTEIN 10.41%**  **FAT 72.68%**  **CARBS 16.91%**

Properties

Glycemic Index:1.69, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:7.0013043051181%

Nutrients (% of daily need)

Calories: 371.68kcal (18.58%), Fat: 30.21g (46.47%), Saturated Fat: 9.81g (61.28%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.45g (5.26%), Sugar: 0.35g (0.39%), Cholesterol: 45.3mg (15.1%), Sodium: 762.65mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.47%), Selenium: 13.16µg (18.8%), Vitamin B1: 0.26mg (17.47%), Phosphorus: 170.11mg (17.01%), Vitamin B3: 3.37mg (16.85%), Vitamin B6: 0.27mg (13.54%), Calcium: 93.07mg (9.31%), Potassium: 270.08mg (7.72%), Zinc: 1.02mg (6.79%), Vitamin B12: 0.4µg (6.69%), Vitamin B2: 0.1mg (5.92%), Fiber: 1.36g (5.44%), Vitamin B5: 0.51mg (5.14%), Vitamin C: 3.91mg (4.74%), Magnesium: 18.49mg (4.62%), Manganese: 0.08mg (3.79%), Copper: 0.07mg (3.61%), Iron: 0.57mg (3.14%), Folate: 10.27µg (2.57%), Vitamin E: 0.37mg (2.5%), Vitamin A: 97.67IU (1.95%), Vitamin D: 0.27µg (1.83%), Vitamin K: 1.68µg (1.6%)