



Baked Potato Fries

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



131 kcal

SIDE DISH

Ingredients

- 1 cup cheez whiz cheese dip
- 0.5 cup knudsen cream sour
- 22 oz waffle fried potatoes frozen french cut
- 0.3 cup green onions sliced
- 0.3 cup oscar mayer real bacon bits

Equipment

- oven

Directions

- Bake french fries as directed on package.
- Arrange fries on serving dish. Top with CHEEZ WHIZ, bacon bits, sour cream and onions.

Nutrition Facts



Properties

Glycemic Index:4.82, Glycemic Load:5.16, Inflammation Score:-1, Nutrition Score:2.7269565003074%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 130.56kcal (6.53%), Fat: 8.57g (13.18%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 9.38g (3.41%), Sugar: 1.02g (1.13%), Cholesterol: 14.28mg (4.76%), Sodium: 390.93mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Phosphorus: 124.19mg (12.42%), Fiber: 1.47g (5.89%), Calcium: 51.98mg (5.2%), Potassium: 173.12mg (4.95%), Manganese: 0.07mg (3.67%), Vitamin B3: 0.71mg (3.55%), Vitamin B6: 0.06mg (2.96%), Vitamin B2: 0.05mg (2.87%), Vitamin C: 2.3mg (2.79%), Vitamin K: 2.67µg (2.55%), Iron: 0.46mg (2.54%), Vitamin A: 125.06IU (2.5%), Zinc: 0.32mg (2.14%), Folate: 8.01µg (2%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.02mg (1.66%), Magnesium: 6.44mg (1.61%)