



Baked Potato with Ring Tum Ditty

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



807 kcal

SIDE DISH

Ingredients

- 12 ounces bacon chopped
- 4 to 6 baking potatoes
- 6 servings butter for topping
- 0.8 pound cheddar extra-sharp grated
- 6 servings thyme leaves dried
- 2 cups onions chopped
- 6 servings salt and pepper
- 30 2 (15-ounce) cans whole tomatoes whole drained canned

16 ounce kernel corn whole canned

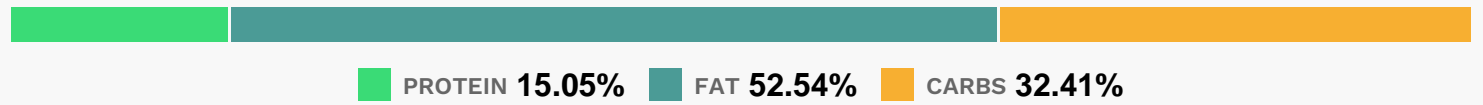
Equipment

pot

Directions

- Saute bacon and onions together in a heavy pot over medium heat until bacon is crisp and onion is translucent.
- Drain off the fat and discard.
- Add reserved tomato juice to pot and then squish the tomatoes through your fingers into the pot.
- Add corn, thyme, and salt and pepper, to taste, and simmer for 10 to 15 minutes or until desired thickness.
- Add cheese and stir until melted. Halve potatoes lengthwise and then spoon the Ring Tum Ditty over potatoes. Dot with butter, if desired, and wait for the complements.

Nutrition Facts



Properties

Glycemic Index:37.79, Glycemic Load:27.94, Inflammation Score:-10, Nutrition Score:42.608260662659%

Flavonoids

Naringenin: 4.18mg, Naringenin: 4.18mg, Naringenin: 4.18mg, Naringenin: 4.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg

Nutrients (% of daily need)

Calories: 806.53kcal (40.33%), Fat: 48.39g (74.44%), Saturated Fat: 21.42g (133.87%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 56.66g (20.6%), Sugar: 19.52g (21.69%), Cholesterol: 104.87mg (34.96%), Sodium: 1135.86mg (49.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.19g (62.37%), Vitamin C: 98.08mg (118.89%), Vitamin A: 5877.49IU (117.55%), Potassium: 2380.55mg (68.02%), Vitamin K: 70.21µg (66.87%), Vitamin B6: 1.24mg (62.07%), Phosphorus: 616.7mg (61.67%), Manganese: 1.13mg (56.31%), Calcium: 517.66mg (51.77%),

Fiber: 10.5g (42.01%), Vitamin B3: 8.14mg (40.68%), Selenium: 28.37µg (40.53%), Folate: 158.98µg (39.75%),
Vitamin B1: 0.56mg (37.21%), Magnesium: 138.38mg (34.59%), Zinc: 4.58mg (30.51%), Copper: 0.6mg (30.23%),
Vitamin B2: 0.49mg (28.89%), Vitamin E: 4.21mg (28.04%), Iron: 4.72mg (26.23%), Vitamin B5: 1.59mg (15.95%),
Vitamin B12: 0.89µg (14.88%), Vitamin D: 0.57µg (3.78%)