



## Blue Cheese Fried Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

### Ingredients

- 4 ounce cheese crumbles blue
- 2 tablespoons butter
- 3 slices bacon crumbled cooked
- 4 servings pepper black to taste
- 1 large onion cut into 1/4 rings
- 2 baking potatoes sliced into 1/4 inch slices

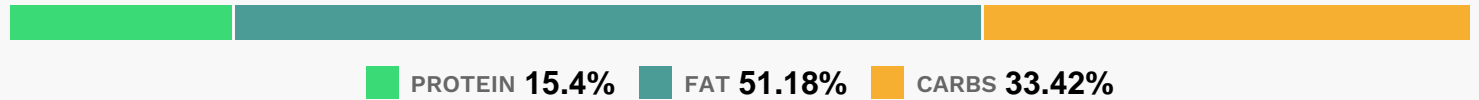
### Equipment

- frying pan

# Directions

- Melt the butter in a large skillet over medium heat.
- Add the potatoes and onions. Cook until the onions are golden brown and the potatoes are tender, 15 to 20 minutes. Stir in the blue cheese and bacon, continue to cook until the blue cheese begins to melt. Season with salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:55.19, Glycemic Load:16.1, Inflammation Score:-5, Nutrition Score:9.6447826053785%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

# Nutrients (% of daily need)

Calories: 277.73kcal (13.89%), Fat: 16.05g (24.69%), Saturated Fat: 9.66g (60.4%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 21.53g (7.83%), Sugar: 2.4g (2.66%), Cholesterol: 42.25mg (14.08%), Sodium: 478.67mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.72%), Vitamin B6: 0.49mg (24.6%), Phosphorus: 204.28mg (20.43%), Calcium: 174.94mg (17.49%), Potassium: 604.38mg (17.27%), Manganese: 0.23mg (11.61%), Selenium: 7.84µg (11.2%), Vitamin C: 8.85mg (10.72%), Vitamin B3: 2.07mg (10.35%), Vitamin B2: 0.17mg (10%), Vitamin B1: 0.15mg (9.79%), Vitamin B5: 0.93mg (9.33%), Magnesium: 36.94mg (9.23%), Zinc: 1.32mg (8.79%), Fiber: 2.05g (8.19%), Folate: 32.47µg (8.12%), Vitamin A: 395.82IU (7.92%), Copper: 0.14mg (7.16%), Vitamin B12: 0.42µg (7.05%), Iron: 1.15mg (6.39%), Vitamin K: 3.4µg (3.24%), Vitamin E: 0.28mg (1.85%), Vitamin D: 0.17µg (1.1%)