



Cheese and Bacon Potato Rounds

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 baking potatoes cut into 1/2 inch slices
- 0.3 cup butter melted
- 8 slices bacon crumbled cooked
- 0.5 cup spring onion chopped
- 8 ounces cheddar cheese shredded

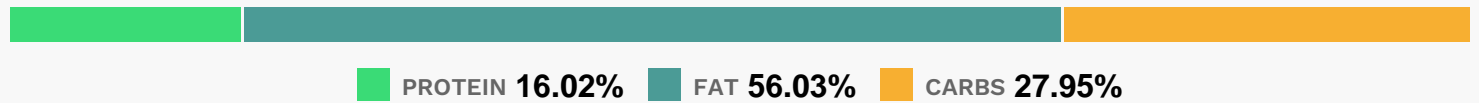
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Brush both side of potato slices with butter; place them on an ungreased cookie sheet.
- Bake in the preheated 400 degrees F (200 degrees C) oven for 30 to 40 minutes or until lightly browned on both sides, turning once.
- When potatoes are ready, top with bacon, cheese, and green onion; continue baking until the cheese has melted

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:30.84, Inflammation Score:-7, Nutrition Score:20.44000005722%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 580.21kcal (29.01%), Fat: 36.59g (56.3%), Saturated Fat: 20.16g (125.99%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 37.98g (13.81%), Sugar: 1.81g (2.01%), Cholesterol: 103.04mg (34.35%), Sodium: 743.49mg (32.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.08%), Phosphorus: 446.94mg (44.69%), Calcium: 442.72mg (44.27%), Vitamin B6: 0.87mg (43.38%), Selenium: 25.23µg (36.04%), Vitamin K: 32.06µg (30.54%), Potassium: 1049.61mg (29.99%), Vitamin B2: 0.37mg (21.9%), Zinc: 3.25mg (21.66%), Vitamin A: 1055.35IU (21.11%), Vitamin B3: 3.99mg (19.93%), Vitamin B1: 0.29mg (19.22%), Manganese: 0.36mg (18.18%), Magnesium: 72.04mg (18.01%), Vitamin C: 14.49mg (17.56%), Vitamin B12: 0.8µg (13.33%), Copper: 0.27mg (13.26%), Iron: 2.26mg (12.57%), Folate: 50.15µg (12.54%), Fiber: 3.09g (12.38%), Vitamin B5: 1.08mg (10.79%), Vitamin E: 0.91mg (6.08%), Vitamin D: 0.4µg (2.69%)