



Cheesy Baked Red Potatoes with Bacon

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



148 kcal

SIDE DISH

Ingredients

- 0.5 cup milk cheddar cheese shredded 2% kraft
- 1 Tbsp parsley fresh chopped
- 0.5 cup lite ranch dressing kraft
- 0.3 cup oscar mayer real bacon bits
- 2 lb potatoes red quartered (9)

Equipment

- bowl
- oven

baking pan

Directions

- Heat oven to 350F.
- Mix first 3 ingredients until blended.
- Add to potatoes in large bowl; mix lightly.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; cover.
- Bake 55 min. or until potatoes are tender, uncovering after 40 min.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.8352173592733%

Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 148.38kcal (7.42%), Fat: 8g (12.3%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 13.74g (5%), Sugar: 1.75g (1.95%), Cholesterol: 12.81mg (4.27%), Sodium: 246.36mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin K: 25.08µg (23.88%), Potassium: 426.9mg (12.2%), Phosphorus: 103.76mg (10.38%), Vitamin C: 8.31mg (10.07%), Vitamin B6: 0.16mg (8.1%), Manganese: 0.13mg (6.71%), Copper: 0.13mg (6.31%), Fiber: 1.55g (6.22%), Magnesium: 22.27mg (5.57%), Calcium: 52.9mg (5.29%), Vitamin B3: 1.06mg (5.28%), Vitamin B1: 0.08mg (5.15%), Folate: 18.57µg (4.64%), Iron: 0.73mg (4.06%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.53mg (3.54%), Selenium: 2.47µg (3.53%), Vitamin E: 0.32mg (2.14%), Vitamin A: 99.53IU (1.99%), Vitamin B12: 0.08µg (1.34%)