



Cheesy Campfire Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- 6 servings pepper black to taste
- 2 tablespoons butter cold
- 0.3 cup onion diced
- 0.3 cup parmesan cheese grated
- 6 potatoes sliced
- 0.8 cup cheddar cheese shredded
- 0.8 cup mozzarella cheese shredded

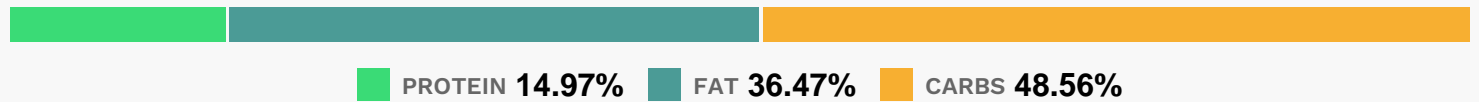
Equipment

aluminum foil

Directions

- Build a campfire and allow the fire to burn until it has accumulated a bed of coals. Rake the coals into a flat bed on one side of the fire.
- Cut 2 lengths of heavy duty foil approximately 18 inches square, placing one on top of the other for strength. Spray top one with non-stick spray.
- Spread potatoes on foil leaving plenty of room to fold up later. Scatter the onion over potatoes; slice the margarine over the potatoes; layer the Parmesan, mozzarella, and Cheddar cheeses over the potatoes; season with salt and pepper. Bring opposite edges of foil together and seal.
- Place the packet directly onto your campfire and cook until the potatoes are soft, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:32.79, Glycemic Load:27.57, Inflammation Score:-6, Nutrition Score:14.619565201842%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 317.65kcal (15.88%), Fat: 13.06g (20.09%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 34.28g (12.47%), Sugar: 2.14g (2.38%), Cholesterol: 28.81mg (9.6%), Sodium: 310.15mg (13.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.11%), Vitamin C: 42.46mg (51.47%), Vitamin B6: 0.66mg (32.77%), Potassium: 938.94mg (26.83%), Phosphorus: 265.24mg (26.52%), Calcium: 236.33mg (23.63%), Fiber: 4.82g (19.3%), Manganese: 0.36mg (17.82%), Magnesium: 58.04mg (14.51%), Vitamin B1: 0.18mg (12.23%), Selenium: 8.51µg (12.16%), Copper: 0.24mg (12.09%), Zinc: 1.74mg (11.59%), Vitamin B3: 2.28mg (11.4%), Vitamin B2: 0.19mg (11.07%), Iron: 1.79mg (9.93%), Folate: 39.61µg (9.9%), Vitamin A: 444.08IU (8.88%), Vitamin B12: 0.53µg (8.83%), Vitamin B5: 0.74mg (7.36%), Vitamin K: 4.97µg (4.73%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.16µg (1.08%)