



Cheesy Potato Bites with Ranch Dip

READY IN



50 min.

SERVINGS



24

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 oz potatoes refrigerated mashed
- 4 oz sharp cheddar cheese shredded
- 4 tablespoons chives fresh chopped
- 3 slices bacon crumbled cooked
- 6 eggs
- 1.8 cups breadcrumbs plain
- 1 serving vegetable oil for deep frying
- 16 oz cream sour
- 2 teaspoons ranch seasoning dry (from 1-oz package)

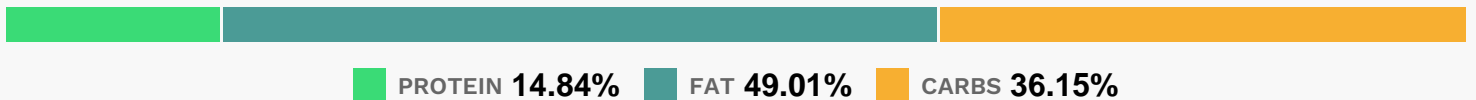
Equipment

- bowl
- paper towels
- sauce pan
- deep fryer

Directions

- In large bowl, mix mashed potatoes, cheese, 2 tablespoons of the chives, the bacon and 1 of the eggs with spoon until blended. Shape mixture into 1-inch balls.
- In shallow bowl, place bread crumbs. In another shallow bowl, beat remaining 5 eggs. Coat potato balls with bread crumbs, then dip into eggs and coat again with bread crumbs.
- In deep fryer or 3-quart heavy saucepan, heat 2 inches oil to 375°F. Fry potato balls, in batches, in hot oil 1 minute to 1 minute 30 seconds or until golden brown.
- Drain on paper towels.
- In small bowl, mix sour cream, remaining 2 tablespoons chives and the dressing mix.
- Serve warm potato bites with sauce.

Nutrition Facts



Properties

Glycemic Index:6.49, Glycemic Load:3.66, Inflammation Score:-2, Nutrition Score:5.1252173548159%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 132.62kcal (6.63%), Fat: 7.23g (11.13%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.02g (4.01%), Sugar: 1.42g (1.58%), Cholesterol: 57.79mg (19.26%), Sodium: 166.04mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Selenium: 7.99µg (11.42%), Phosphorus: 91.11mg

(9.11%), Vitamin B2: 0.15mg (8.62%), Calcium: 77.04mg (7.7%), Vitamin B1: 0.11mg (7.62%), Vitamin C: 6.05mg (7.33%), Vitamin B6: 0.13mg (6.45%), Manganese: 0.12mg (6.17%), Potassium: 183.7mg (5.25%), Folate: 20.78µg (5.2%), Vitamin A: 247.19IU (4.94%), Vitamin B3: 0.96mg (4.79%), Iron: 0.83mg (4.62%), Zinc: 0.61mg (4.05%), Fiber: 0.99g (3.96%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.23µg (3.77%), Magnesium: 14.91mg (3.73%), Copper: 0.07mg (3.27%), Vitamin K: 2.77µg (2.64%), Vitamin D: 0.25µg (1.68%), Vitamin E: 0.25mg (1.64%)