



Cheesy Potato Puffs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients

- 0.5 cup bacon bits
- 4 servings bell pepper
- 4 oz potatoes instant
- 0.5 cup cheddar cheese shredded

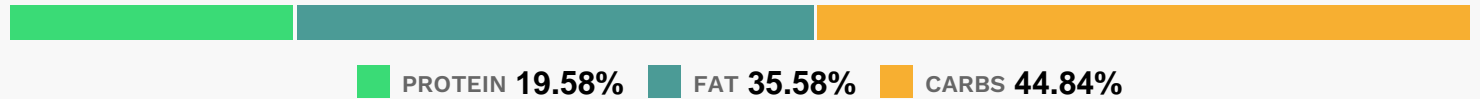
Equipment

- baking sheet
- oven

Directions

- Prepare potato flakes according to package directions; let cool. Stir in cheese; roll into 1 1/2 inch balls.
- Roll balls in bacon bits; arrange on an ungreased baking sheet.
- Sprinkle with paprika, if desired.
- Bake at 375 degrees for 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:18.932608627755%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 318.13kcal (15.91%), Fat: 12.8g (19.7%), Saturated Fat: 4g (25.03%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 29.85g (10.86%), Sugar: 4.13g (4.59%), Cholesterol: 14.13mg (4.71%), Sodium: 648.29mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.71%), Vitamin C: 118.89mg (144.1%), Vitamin A: 2477.25IU (49.54%), Vitamin B1: 0.5mg (33.46%), Fiber: 6.45g (25.81%), Vitamin B6: 0.46mg (23.11%), Vitamin E: 3.33mg (22.21%), Folate: 87.84µg (21.96%), Phosphorus: 192.46mg (19.25%), Vitamin B3: 2.99mg (14.93%), Potassium: 522.23mg (14.92%), Magnesium: 59.56mg (14.89%), Selenium: 10.06µg (14.37%), Calcium: 142.6mg (14.26%), Copper: 0.22mg (11.12%), Vitamin B2: 0.18mg (10.44%), Zinc: 1.46mg (9.71%), Vitamin B5: 0.88mg (8.84%), Vitamin B12: 0.5µg (8.41%), Manganese: 0.13mg (6.52%), Vitamin K: 6.46µg (6.15%), Iron: 0.9mg (4.99%)