



Cheesy Potatoes

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bacon crumbled cooked
- ☐ 1 package cheddar/jack blend cheese shredded
- ☐ 32 ounce potato pieces frozen
- ☐ 0.5 cup scallions sliced
- ☐ 6 servings no-salt multi-purpose seasoning
- ☐ 6 servings cup heavy whipping cream sour for garnish

Equipment

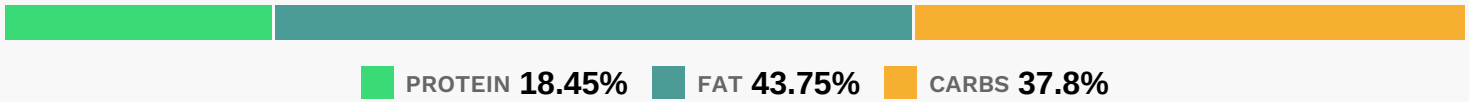
- ☐ frying pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Coat a large skillet thoroughly with nonstick spray. Over medium heat, heat potatoes for about 10 minutes, stirring frequently and sprinkling generously with no-salt seasoning.
- ☐ Transfer to casserole dish and sprinkle with shredded cheese and crumbled bacon.
- ☐ Bake in oven about 5 minutes; sprinkle with scallions, then return to oven for another few minutes, until cheese is melted.
- ☐ Serve immediately with a hearty dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:19.51, Inflammation Score:-5, Nutrition Score:13.432608734006%

Flavonoids

Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 292.6kcal (14.63%), Fat: 14.37g (22.11%), Saturated Fat: 7.8g (48.72%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 24.39g (8.87%), Sugar: 1.92g (2.14%), Cholesterol: 41.62mg (13.87%), Sodium: 536.12mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.27%), Vitamin C: 31.46mg (38.13%), Vitamin B6: 0.53mg (26.44%), Phosphorus: 260.72mg (26.07%), Calcium: 248.79mg (24.88%), Potassium: 744.52mg (21.27%), Vitamin K: 21.01µg (20.01%), Fiber: 3.54g (14.17%), Selenium: 9.83µg (14.04%), Vitamin B3: 2.66mg (13.32%), Manganese: 0.25mg (12.58%), Vitamin B1: 0.18mg (12.33%), Vitamin B2: 0.21mg (12.21%), Magnesium: 48.22mg (12.05%), Zinc: 1.65mg (10.99%), Copper: 0.19mg (9.57%), Iron: 1.61mg (8.92%), Folate: 35.34µg (8.84%), Vitamin A: 382.23IU (7.64%), Vitamin B5: 0.66mg (6.59%), Vitamin B12: 0.36µg (6.05%), Vitamin E: 0.22mg (1.47%), Vitamin D: 0.21µg (1.38%)