



WHATSheATE



Cheesy Ranch Bacon Potato Nuggets with Ranch Dipping Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 28 oz potatoes frozen
- ☐ 0.4 oz ranch seasoning (buttermilk recipe)
- ☐ 1 cup oz. bacon into pieces cooked (from a jar or package)
- ☐ 8 servings salt and pepper to taste
- ☐ 8 oz cheddar cheese shredded

Equipment

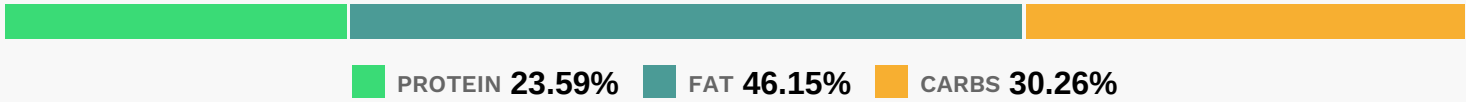
- ☐ bowl

☐ oven

Directions

- ☐ Bake potato nuggets as directed on bag.
- ☐ Meanwhile, in medium bowl, toss cheese, bacon pieces and 2 tablespoons dressing mix.
- ☐ Set oven control to broil. Top baked potato nuggets evenly with cheese–bacon mixture.
- ☐ Sprinkle with salt and pepper to taste. Broil 3 to 5 minutes or until cheese is melted and bubbly.
- ☐ In small bowl, stir together yogurt and 1 package dressing mix.
- ☐ Serve potato nuggets with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:12.88, Inflammation Score:-4, Nutrition Score:8.3786956693815%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 246.43kcal (12.32%), Fat: 12.75g (19.62%), Saturated Fat: 7.49g (46.8%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 16.63g (6.05%), Sugar: 0.87g (0.96%), Cholesterol: 48.53mg (16.18%), Sodium: 915.21mg (39.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.34%), Vitamin C: 19.55mg (23.69%), Calcium: 212.46mg (21.25%), Phosphorus: 186.4mg (18.64%), Vitamin B6: 0.31mg (15.61%), Potassium: 439.6mg (12.56%), Selenium: 8.32µg (11.89%), Vitamin B2: 0.16mg (9.22%), Zinc: 1.33mg (8.86%), Fiber: 2.18g (8.73%), Manganese: 0.16mg (7.76%), Magnesium: 30.48mg (7.62%), Vitamin B1: 0.09mg (5.84%), Copper: 0.12mg (5.83%), Vitamin A: 286.05IU (5.72%), Folate: 21.83µg (5.46%), Vitamin B3: 1.06mg (5.3%), Vitamin B12: 0.3µg (5.01%), Iron: 0.82mg (4.56%), Vitamin B5: 0.41mg (4.11%), Vitamin K: 2.57µg (2.44%), Vitamin E: 0.22mg (1.48%), Vitamin D: 0.17µg (1.13%)