



WHATSheATE



## Cheesy Ranch Bacon Potato Nuggets with Ranch Dipping Sauce



Gluten Free



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 cups yogurt plain yoplait® (from 2-lb container)
- ☐ 28 oz potatoes frozen
- ☐ 0.4 oz ranch seasoning (buttermilk recipe)
- ☐ 2 tablespoons ranch seasoning (buttermilk recipe; from 0.4-oz package)
- ☐ 1 cup oz. bacon into pieces cooked (from a jar or package)
- ☐ 8 servings salt and pepper to taste
- ☐ 8 oz cheddar cheese shredded

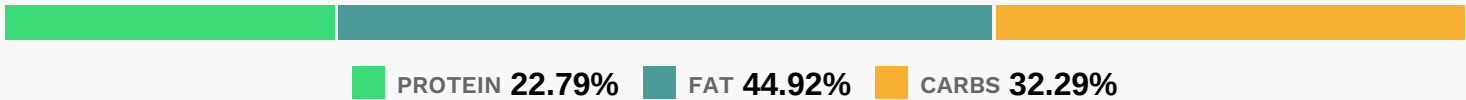
# Equipment

- ☐ 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:16.22, Glycemic Load:13.28, Inflammation Score:-4, Nutrition Score:9.6756521359734%

# 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: 284.88kcal (14.24%), Fat: 14.24g (21.91%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 20.85g (7.58%), Sugar: 3.01g (3.34%), Cholesterol: 54.51mg (18.17%), Sodium: 1217.59mg (52.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.53%), Calcium: 268.04mg (26.8%), Vitamin C: 19.78mg (23.97%), Phosphorus: 230.04mg (23%), Vitamin B6: 0.33mg (16.35%), Potassium: 510.8mg (14.59%), Selenium: 9.33µg (13.33%), Vitamin B2: 0.22mg (13.06%), Zinc: 1.6mg (10.66%), Magnesium: 35.99mg (9%), Fiber: 2.18g (8.73%), Manganese: 0.16mg (7.85%), Vitamin B12: 0.47µg (7.84%), Vitamin B1: 0.1mg (6.73%), Vitamin A: 331.52IU (6.63%), Folate: 25.04µg (6.26%), Copper: 0.12mg (6.04%), Vitamin B5: 0.59mg (5.89%), Vitamin B3: 1.1mg (5.48%), Iron: 0.84mg (4.69%), Vitamin K: 2.66µg (2.53%), Vitamin E: 0.25mg (1.67%), Vitamin D: 0.22µg (1.44%)