Cheesy Ranch New Red Potatoes

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
35 min.	4	711 kcal

SIDE DISH

Ingredients

- [ ] 1 teaspoon pepper black freshly ground
- [ ] 8 ounce colby-monterey jack cheese shredded
- [ ] 12 small new potatoes red scrubbed halved
- [ ] 1 cup salad dressing ranch-style

Equipment

- [ ] baking sheet
- [ ] sauce pan
- [ ] oven

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C).
- [ ] Place potatoes in a large saucepan over medium heat, and cover with water. Bring to a boil, and cook 10 minutes, or until tender; drain.
- [ ] Place cooked potatoes on an ungreased cookie sheet with the cut side up.
- [ ] Spread a spoonful of dressing on the top of each potato half.
- [ ] Sprinkle with cheese, and lightly dust with pepper.
- [ ] Bake in the preheated oven for 5 minutes, or until cheese is melted.

Nutrition Facts

PROTEIN **13.17%** FAT **37.69%** CARBS **49.14%**

Properties

Glycemic Index:14.75, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:29.739130662835%

Flavonoids

Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 710.74kcal (35.54%), Fat: 30.31g (46.63%), Saturated Fat: 12.75g (79.68%), Carbohydrates: 88.9g (29.63%), Net Carbohydrates: 80.11g (29.13%), Sugar: 13.21g (14.68%), Cholesterol: 50.46mg (16.82%), Sodium: 1015.48mg (44.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.65%), Potassium: 2422.42mg (69.21%), Phosphorus: 572.45mg (57.24%), Vitamin C: 44.1mg (53.45%), Calcium: 483.83mg (48.38%), Vitamin K: 49.93µg (47.55%), Vitamin B6: 0.95mg (47.54%), Manganese: 0.81mg (40.37%), Copper: 0.72mg (35.97%), Fiber: 8.8g (35.19%), Magnesium: 131.3mg (32.83%), Vitamin B3: 6mg (29.98%), Vitamin B1: 0.43mg (28.93%), Folate: 102.09µg (25.52%), Iron: 4.33mg (24.07%), Zinc: 3.43mg (22.87%), Vitamin B2: 0.38mg (22.36%), Selenium: 11.97µg (17.1%), Vitamin B5: 1.55mg (15.49%), Vitamin E: 1.49mg (9.93%), Vitamin A: 495.6IU (9.91%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 0.34µg (2.27%)