



Crispy Blue Cheese Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz oscar mayer bacon crumbled cooked
- 0.1 tsp pepper black
- 0.3 cup athenos cheese blue crumbled
- 1 Tbsp olive oil
- 1 lb potatoes red cut into wedges
- 0.1 tsp salt
- 0.5 cup cheddar cheese shredded kraft

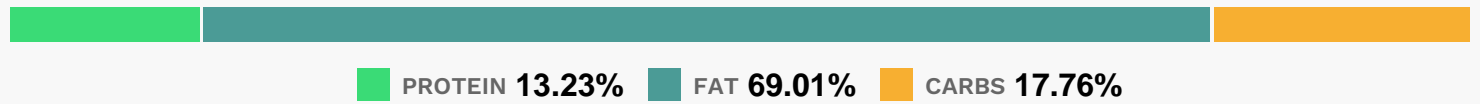
Equipment

- oven
- baking pan

Directions

- Preheat oven to 400F. Toss potato wedges with olive oil. Season with salt and pepper.
- Place in single layer in baking dish.
- Bake 30 min. or until potatoes are tender.
- Mix bacon, cheddar cheese and blue cheese; sprinkle over potatoes.
- Bake an additional 5 min. or until cheeses are melted.

Nutrition Facts



Properties

Glycemic Index:2.15, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.113913046925%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 43.43kcal (2.17%), Fat: 3.34g (5.14%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.16g (0.17%), Cholesterol: 5.79mg (1.93%), Sodium: 65.79mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Phosphorus: 24.83mg (2.48%), Selenium: 1.72µg (2.46%), Potassium: 66.16mg (1.89%), Vitamin B3: 0.37mg (1.84%), Vitamin B6: 0.04mg (1.84%), Vitamin B1: 0.03mg (1.7%), Calcium: 15.89mg (1.59%), Zinc: 0.18mg (1.19%), Vitamin C: 0.98mg (1.18%), Vitamin B2: 0.02mg (1.03%)