

Gilbert's Potatoes



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



414 kcal

SIDE DISH

Ingredients

- 6 slices processed cheese food
- 1.5 ounces bacon bits
- 0.5 teaspoon pepper black
- 1 cup butter
- 3 onion sliced
- 2.5 pounds potatoes peeled sliced
- 0.5 teaspoon salt

Equipment

- baking pan
- grill
- aluminum foil

Directions

- Preheat an outdoor grill for medium high heat and lightly oil grate.
- Use either a 9x13 inch grill-safe baking dish OR a piece of foil large enough to hold all the ingredients.
- Layer with the potatoes, onions, pats of margarine, salt and ground black pepper.
- Sprinkle top with imitation bacon bits. Cover with foil and make sure you seal tightly so the margarine does not escape.
- Grill over medium high heat for 45 to 60 minutes, or to desired doneness. Carefully open, arrange the cheese over all and allow a few minutes for the cheese to melt.
- Remove from grill and serve immediately.

Nutrition Facts

PROTEIN 7.73% **FAT 62.79%** **CARBS 29.48%**

Properties

Glycemic Index:21.22, Glycemic Load:19.15, Inflammation Score:-8, Nutrition Score:12.22478271049%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg

Nutrients (% of daily need)

Calories: 413.71kcal (20.69%), Fat: 29.4g (45.23%), Saturated Fat: 7.85g (49.09%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 26.66g (9.69%), Sugar: 3.21g (3.57%), Cholesterol: 15.75mg (5.25%), Sodium: 780.37mg (33.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Vitamin C: 31.13mg (37.74%), Vitamin B6: 0.48mg (24.17%), Vitamin A: 1168.15IU (23.36%), Phosphorus: 211.97mg (21.2%), Calcium: 205.61mg (20.56%), Potassium: 699.09mg (19.97%), Fiber: 4.39g (17.57%), Manganese: 0.29mg (14.64%), Magnesium: 46.94mg (11.74%), Vitamin B1: 0.17mg (11.31%), Copper: 0.21mg (10.34%), Folate: 38.83µg (9.71%), Vitamin E: 1.4mg (9.31%), Vitamin B3: 1.65mg (8.23%), Iron: 1.34mg (7.46%), Zinc: 0.97mg (6.5%), Vitamin B2: 0.11mg (6.34%), Selenium: 4.21µg (6.02%),

Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.33µg (5.47%), Vitamin K: 3.47µg (3.31%)