



Goody Girl Championship Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



569 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound butter at room temperature
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 package form crab boil dry recommended: Zatarain's
- ☐ 1 tablespoon garlic minced
- ☐ 1 green onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup onion diced red
- ☐ 3 pounds potatoes red

- ☐ 8 servings salt and pepper
- ☐ 0.3 pound cheddar shredded finely
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 pound bacon diced thick-cut

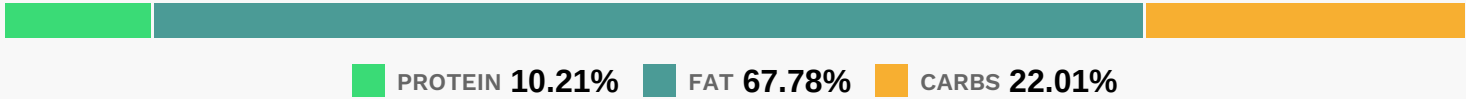
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Fill a 6-quart pot 2/3 full of water; add the crab boil and mix until blended.
- ☐ Cut the potatoes in half and slice into 3/8-inch thick pieces. (This can be done ahead of time; cover the potatoes with ice water until ready to cook.)
- ☐ Add the potatoes to the pot. Bring water to a boil and cook the potatoes until fork-tender.
- ☐ While the potatoes are cooking: in a medium saute pan on medium heat, cook bacon until crispy; remove and drain on a paper towel.
- ☐ Add red onion to bacon grease; cook until caramelized. Just before onions are done, add garlic and cook until lightly brown.
- ☐ In a bowl, place butter, 1/2 the cheese, 1/2 the bacon bits, 1/2 the green onions, the cooked red onions and garlic, cayenne, paprika, salt, pepper, and sour cream; mix together thoroughly.
- ☐ Strain potatoes and add to bowl; let stand for a few minutes or until cheese starts to melt. Fold ingredients together, trying not to break up the potatoes excessively. Top with remaining cheese, bacon, and green onions.
- ☐ Check seasonings and adjust to taste.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:14.685217463452%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 568.77kcal (28.44%), Fat: 43.32g (66.64%), Saturated Fat: 19.8g (123.78%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 28.27g (10.28%), Sugar: 3.91g (4.34%), Cholesterol: 94.79mg (31.6%), Sodium: 791.65mg (34.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.35%), Phosphorus: 278.97mg (27.9%), Potassium: 971.09mg (27.75%), Vitamin B6: 0.5mg (25.19%), Selenium: 17.48µg (24.97%), Vitamin B3: 4.33mg (21.67%), Vitamin B1: 0.32mg (21.11%), Vitamin C: 17.01mg (20.62%), Vitamin A: 795.79IU (15.92%), Calcium: 154.57mg (15.46%), Manganese: 0.31mg (15.42%), Copper: 0.27mg (13.74%), Fiber: 3.38g (13.53%), Magnesium: 53.74mg (13.43%), Zinc: 1.9mg (12.66%), Vitamin B2: 0.21mg (12.52%), Vitamin K: 11µg (10.47%), Folate: 40.47µg (10.12%), Vitamin B5: 0.97mg (9.71%), Iron: 1.68mg (9.32%), Vitamin B12: 0.5µg (8.39%), Vitamin E: 0.87mg (5.78%), Vitamin D: 0.31µg (2.08%)