



Grilled Bacon Potatoes

 Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



722 kcal

SIDE DISH

Ingredients

- 12 slices bacon
- 4 baking potatoes scrubbed
- 2 tablespoons pepper black freshly ground
- 1 cup brown sugar
- 2 tablespoons olive oil for brushing
- 1.3 teaspoons salt

Equipment

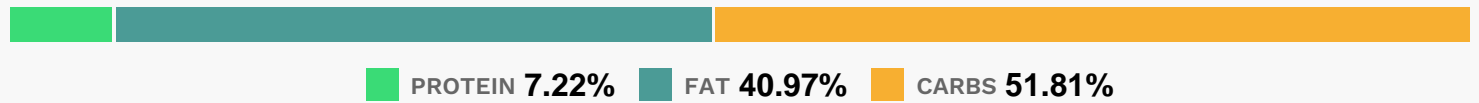
- toothpicks

- grill
- aluminum foil

Directions

- Preheat an outdoor grill for medium-high heat.
- Make 4 cuts into each potato without going all of the way through so that each potato has been cut into 5 thick slices.
- Place potatoes onto squares of aluminum foil.
- Sprinkle 1/4 teaspoon of salt inside each potato, then wrap with 3 slices of bacon and secure with toothpicks if needed.
- Brush the potatoes with olive oil, then sprinkle with brown sugar and black pepper. Wrap the potatoes loosely in the aluminum foil.
- Grill potatoes until the bacon has crisped, and the potato is soft in the center, about 45 minutes depending on grill temperature.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:30.64, Inflammation Score:-3, Nutrition Score:15.702173943105%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 721.9kcal (36.1%), Fat: 33.46g (51.48%), Saturated Fat: 9.84g (61.49%), Carbohydrates: 95.21g (31.74%), Net Carbohydrates: 91.68g (33.34%), Sugar: 54.69g (60.77%), Cholesterol: 43.56mg (14.52%), Sodium: 1190.42mg (51.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.53%), Vitamin B6: 0.94mg (47.08%), Manganese: 0.76mg (38.07%), Potassium: 1132.13mg (32.35%), Vitamin B3: 4.95mg (24.77%), Vitamin B1: 0.36mg (24%), Phosphorus: 219.13mg (21.91%), Selenium: 14.93µg (21.32%), Magnesium: 67.01mg (16.75%), Iron: 2.83mg (15.72%), Copper: 0.31mg (15.67%), Vitamin C: 12.14mg (14.72%), Fiber: 3.53g (14.11%), Vitamin K: 12.96µg (12.34%), Vitamin B5: 1.12mg (11.22%), Zinc: 1.45mg (9.67%), Calcium: 90.45mg (9.05%), Vitamin E: 1.34mg (8.96%), Folate: 30.88µg (7.72%), Vitamin B2: 0.13mg (7.6%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.26µg (1.76%)