



Grilled Smoky Cheddar Potatoes Packs

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bacon betty crocker® os®
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons spring onion sliced
- ☐ 4 medium potatoes cut into 1-inch chunks
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded

Equipment

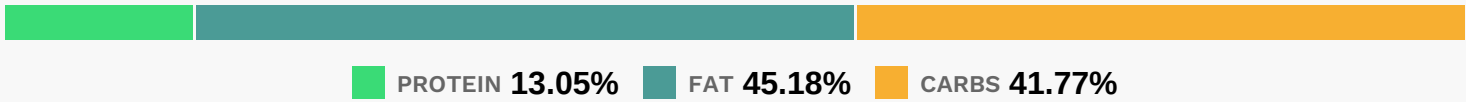
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Place potatoes on 30x18-inch piece of heavy-duty foil.
- ☐ Sprinkle with salt. Dot with butter.
- ☐ Sprinkle with cheese and bacon chips.
- ☐ Wrap foil securely around potatoes; pierce top of foil once or twice with fork to vent steam. Cover and grill foil packet, seam side up, 4 to 6 inches from medium heat 45 to 60 minutes or until potatoes are tender.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:27.47, Inflammation Score:-6, Nutrition Score:15.193043527396%

Flavonoids

Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 361.8kcal (18.09%), Fat: 18.41g (28.32%), Saturated Fat: 7.65g (47.82%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 33.52g (12.19%), Sugar: 1.82g (2.03%), Cholesterol: 33.23mg (11.08%), Sodium: 604.31mg (26.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Vitamin C: 42.54mg (51.56%), Vitamin B6: 0.67mg (33.5%), Potassium: 944.48mg (26.99%), Phosphorus: 264.62mg (26.46%), Calcium: 230.8mg (23.08%), Fiber: 4.76g (19.06%), Manganese: 0.34mg (16.75%), Magnesium: 58.35mg (14.59%), Selenium: 10.17µg (14.52%), Vitamin B1: 0.2mg (13.43%), Vitamin B3: 2.57mg (12.87%), Copper: 0.25mg (12.26%), Vitamin B2: 0.2mg (12.01%), Zinc: 1.76mg (11.72%), Vitamin A: 571.36IU (11.43%), Folate: 42.02µg (10.51%), Vitamin K: 10.94µg (10.42%), Iron: 1.78mg (9.91%), Vitamin B5: 0.8mg (7.97%), Vitamin B12: 0.34µg (5.74%), Vitamin E: 0.5mg (3.33%), Vitamin D: 0.2µg (1.33%)