



WHATSheATE



Loaded au Gratin Potatoes

READY IN



58 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 4.7 oz potatoes
- ☐ 2 cups water boiling
- ☐ 2 tablespoons butter
- ☐ 6 slices bacon crumbled cooked
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 0.3 tsp pepper black
- ☐ 0.5 cup breadcrumbs plain
- ☐ 2 tablespoons butter melted

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 cup frangelico

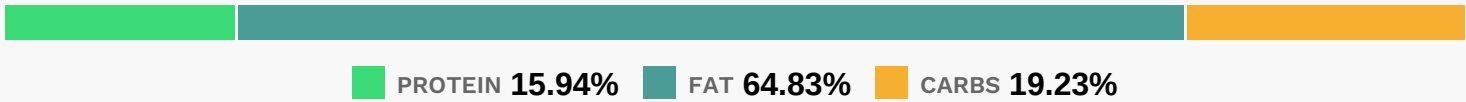
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ In 2-quart casserole, mix Potatoes, Sauce
- ☐ Mix, boiling water, half-and-half and butter. Stir in remaining potato ingredients.
- ☐ Bake uncovered 35 minutes.
- ☐ In small bowl, mix bread crumbs and butter; sprinkle over top.
- ☐ Bake 8 minutes longer or until topping is golden.
- ☐ Sprinkle with parsley.
- ☐ Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:32.09, Glycemic Load:2.22, Inflammation Score:-4, Nutrition Score:5.570869554644%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 172.04kcal (8.6%), Fat: 12.44g (19.14%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.52g (2.73%), Sugar: 0.7g (0.78%), Cholesterol: 26.08mg (8.69%), Sodium: 295.52mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Vitamin K: 16.13µg (15.36%), Calcium: 127.64mg

(12.76%), Phosphorus: 110.04mg (11%), Selenium: 6.91µg (9.87%), Vitamin A: 397.84IU (7.96%), Vitamin B1: 0.12mg (7.8%), Vitamin B3: 1.29mg (6.46%), Vitamin B2: 0.11mg (6.31%), Vitamin C: 4.54mg (5.5%), Zinc: 0.78mg (5.22%), Manganese: 0.1mg (5.21%), Vitamin B6: 0.1mg (5.18%), Potassium: 139.31mg (3.98%), Iron: 0.7mg (3.88%), Folate: 15.35µg (3.84%), Vitamin B12: 0.22µg (3.6%), Magnesium: 14.17mg (3.54%), Fiber: 0.78g (3.13%), Copper: 0.06mg (2.98%), Vitamin B5: 0.2mg (1.95%), Vitamin E: 0.28mg (1.87%)