



WHATSheATE

Loaded Baby Reds



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounce bacon bits canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 8 ounce cream cheese softened
- ☐ 2 teaspoons garlic powder
- ☐ 0.3 teaspoon parmesan cheese grated
- ☐ 1 pound potatoes red cut into chunks
- ☐ 1 cup cheddar cheese shredded

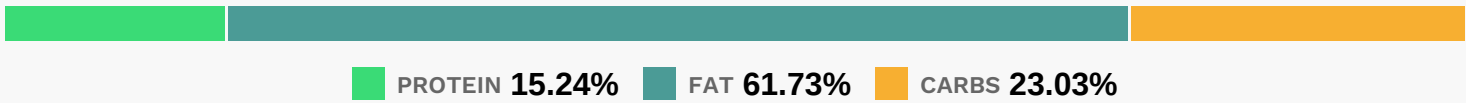
Equipment

☐ pot

Directions

- ☐ Place potatoes into a large pot and cover with lightly salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Mash the potatoes until smooth, then add the cream cheese, Cheddar cheese, bacon, cayenne pepper, and garlic powder. Mash until the ingredients are well blended, then transfer to a serving dish, and sprinkle with Parmesan cheese to garnish.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.13, Inflammation Score:-7, Nutrition Score:14.479130459868%

Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 502.15kcal (25.11%), Fat: 34.96g (53.78%), Saturated Fat: 17.85g (111.55%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 24.98g (9.08%), Sugar: 3.78g (4.2%), Cholesterol: 85.78mg (28.59%), Sodium: 765.98mg (33.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.83%), Phosphorus: 314.99mg (31.5%), Calcium: 292.19mg (29.22%), Vitamin A: 1263.19IU (25.26%), Selenium: 15.52µg (22.17%), Potassium: 671.92mg (19.2%), Vitamin B2: 0.31mg (18.4%), Fiber: 4.37g (17.47%), Vitamin B1: 0.25mg (16.59%), Vitamin E: 2.34mg (15.59%), Magnesium: 59.9mg (14.97%), Folate: 59.7µg (14.93%), Vitamin B6: 0.3mg (14.92%), Copper: 0.3mg (14.8%), Zinc: 2.16mg (14.42%), Vitamin C: 10.56mg (12.8%), Vitamin B12: 0.68µg (11.39%), Manganese: 0.19mg (9.7%), Vitamin B3: 1.77mg (8.83%), Vitamin B5: 0.77mg (7.68%), Iron: 1.21mg (6.74%), Vitamin K: 5.57µg (5.3%), Vitamin D: 0.17µg (1.14%)