



WHATSheATE



Loaded Monster Mash Bites

READY IN



50 min.

SERVINGS



24

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1.8 cups breadcrumbs plain progresso®
- ☐ 3 slices bacon crumbled cooked
- ☐ 2 teaspoons ranch seasoning dry (from 1-oz package)
- ☐ 6 eggs
- ☐ 4 tablespoons chives fresh chopped
- ☐ 24 oz potatoes refrigerated mashed
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 16 oz cream sour
- ☐ 24 servings vegetable oil for deep frying

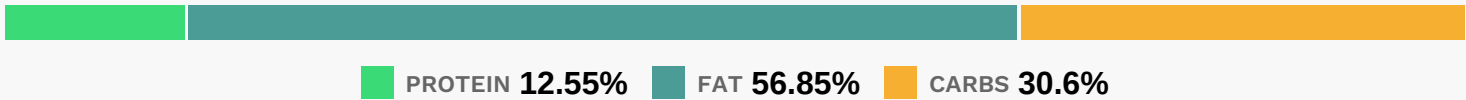
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ In large bowl, mix mashed potatoes, cheese, 2 tablespoons of the chives, the bacon and 1 of the eggs with spoon until blended. Shape mixture into 1-inch balls.
- ☐ In shallow bowl, place bread crumbs. In another shallow bowl, beat remaining 5 eggs. Coat potato balls with bread crumbs, then dip into eggs and coat again with bread crumbs.
- ☐ In deep fryer or 3-quart heavy saucepan, heat 2 inches oil to 375°F. Fry potato balls, in batches, in hot oil 1 minute to 1 minute 30 seconds or until golden brown.
- ☐ Drain on paper towels.
- ☐ In small bowl, mix sour cream, remaining 2 tablespoons chives and the dressing mix.
- ☐ Serve warm potato bites with sauce.

Nutrition Facts



Properties

Glycemic Index:6.49, Glycemic Load:3.66, Inflammation Score:-3, Nutrition Score:5.3939130150754%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 156.34kcal (7.82%), Fat: 9.92g (15.26%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.02g (4.01%), Sugar: 1.42g (1.58%), Cholesterol: 57.79mg (19.26%), Sodium: 166.04mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Selenium: 7.99µg (11.42%), Phosphorus: 91.11mg

(9.11%), Vitamin B2: 0.15mg (8.62%), Calcium: 77.04mg (7.7%), Vitamin B1: 0.11mg (7.62%), Vitamin K: 7.7µg (7.34%), Vitamin C: 6.05mg (7.33%), Vitamin B6: 0.13mg (6.45%), Manganese: 0.12mg (6.17%), Potassium: 183.7mg (5.25%), Folate: 20.78µg (5.2%), Vitamin A: 247.19IU (4.94%), Vitamin B3: 0.96mg (4.79%), Iron: 0.83mg (4.63%), Zinc: 0.61mg (4.05%), Fiber: 0.99g (3.96%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.23µg (3.77%), Magnesium: 14.91mg (3.73%), Copper: 0.07mg (3.27%), Vitamin E: 0.47mg (3.11%), Vitamin D: 0.25µg (1.68%)