



Loaded Potato Packets

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 3 baking potatoes peeled thinly sliced
- ☐ 2 tablespoons butter sliced
- ☐ 4 slices bacon crumbled cooked
- ☐ 0.5 teaspoon parsley dried
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 onion thinly sliced
- ☐ 4 servings salt and pepper to taste

☐

1 cup cheddar cheese shredded

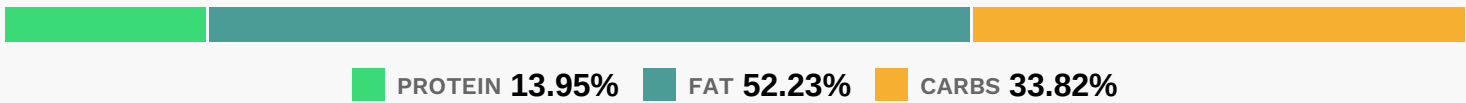
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Arrange potatoes on half of a lightly greased 30-inch length of heavy-duty aluminum foil. Top with onion; sprinkle with garlic, parsley, salt and pepper.
- ☐ Drizzle with reserved drippings; add butter, crumbled bacon and cheese. Fold aluminum foil loosely over potatoes; seal edges of packet tightly.
- ☐ Place on a baking sheet; bake at 350 for 30 to 35 minutes. Open carefully and check for doneness; return to oven for a few minutes longer, if necessary.

Nutrition Facts



Properties

Glycemic Index:54.69, Glycemic Load:23.36, Inflammation Score:-5, Nutrition Score:12.176956409993%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 369kcal (18.45%), Fat: 21.72g (33.42%), Saturated Fat: 11.4g (71.23%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 29.29g (10.65%), Sugar: 1.69g (1.88%), Cholesterol: 54.54mg (18.18%), Sodium: 572.14mg (24.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.11%), Vitamin B6: 0.66mg (32.75%), Phosphorus: 257.07mg (25.71%), Calcium: 230.1mg (23.01%), Potassium: 757.98mg (21.66%), Selenium: 13.11µg (18.74%), Manganese: 0.31mg (15.41%), Vitamin C: 10.76mg (13.05%), Vitamin B1: 0.19mg (12.98%), Vitamin B3: 2.54mg (12.71%), Magnesium: 48.92mg (12.23%), Vitamin B2: 0.2mg (12.03%), Zinc: 1.8mg (12.02%), Copper: 0.19mg (9.69%),

Fiber: 2.36g (9.42%), Vitamin A: 463.25IU (9.26%), Iron: 1.56mg (8.69%), Folate: 31.2µg (7.8%), Vitamin B5: 0.72mg (7.24%), Vitamin B12: 0.4µg (6.64%), Vitamin K: 4.3µg (4.1%), Vitamin E: 0.45mg (3%), Vitamin D: 0.29µg (1.93%)