



Man-Lovin' Potatoes

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 2 cups processed cheese food shredded
- ☐ 0.8 cup bacon crumbled cooked
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon onion powder
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.5 cup onion diced red

- ☐ 8 potatoes red
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.5 cup cup heavy whipping cream sour

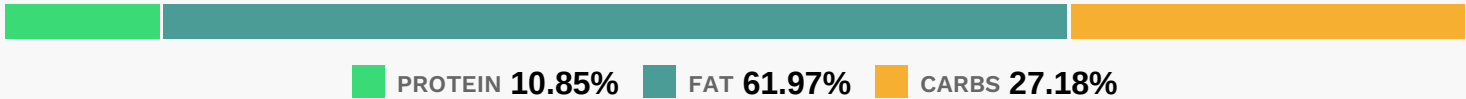
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ Slice potatoes with skins on into 1/4 inch thick slices.
- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 10 to 15 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Mix together the mayonnaise, sour cream, onion and garlic powders, seasoned salt, pepper, bacon, onion, and American cheese in a bowl. Stir in the potato slices.
- ☐ Pour mixture into prepared baking dish.
- ☐ Sprinkle top with grated Parmesan cheese.
- ☐ Bake until bubbly and beginning to brown, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:12.660434873208%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin:

2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 377.47kcal (18.87%), Fat: 26.29g (40.45%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 23.22g (8.45%), Sugar: 3.13g (3.48%), Cholesterol: 44.91mg (14.97%), Sodium: 872.41mg (37.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.71%), Vitamin K: 35.64µg (33.95%), Phosphorus: 289.55mg (28.96%), Calcium: 286.19mg (28.62%), Potassium: 755.84mg (21.6%), Vitamin B6: 0.32mg (16.1%), Vitamin C: 12.94mg (15.68%), Selenium: 10.51µg (15.01%), Manganese: 0.26mg (12.96%), Vitamin B3: 2.42mg (12.09%), Vitamin B1: 0.17mg (11.4%), Copper: 0.23mg (11.31%), Fiber: 2.72g (10.87%), Magnesium: 43.21mg (10.8%), Zinc: 1.44mg (9.58%), Vitamin B2: 0.14mg (8.38%), Vitamin B12: 0.49µg (8.11%), Folate: 30.99µg (7.75%), Iron: 1.39mg (7.75%), Vitamin B5: 0.66mg (6.57%), Vitamin A: 316.75IU (6.33%), Vitamin E: 0.89mg (5.96%), Vitamin D: 0.21µg (1.41%)