



## Microwave Dill Tater Snacks

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 slices at least of turkey bacon lean
- 1.5 lb potatoes - remove skin red unpeeled halved
- 0.5 cup cream sour reduced-fat
- 2 tablespoons spring onion sliced (2 medium)
- 1 teaspoon optional: dill fresh chopped
- 1 Dash pepper
- 0.3 cup parmesan cheese grated
- 1 serving optional: dill fresh

## Equipment

- bowl
- plastic wrap
- microwave

## Directions

- Cook bacon in microwave as directed on package. Cool slightly. Crumble; set aside.
- Place potatoes, cut side down, in 12x8-inch (2-quart) ungreased microwavable dish.
- Add 2 tablespoons water. Cover tightly with microwavable plastic wrap.
- Microwave on High 9 to 12 minutes or until tender, rotating dish 1/4 turn halfway through cooking.
- Let stand 3 minutes.
- Drain; cool slightly.
- In small bowl, mix sour cream, green onions and 1 teaspoon dill weed. Turn potatoes over. If necessary, trim thin slice off rounded bottom of each potato half to make potatoes stand upright. Top each with dollop of sour cream mixture; sprinkle with bacon.
- Sprinkle each with pepper and Parmesan cheese.
- Garnish with fresh dill weed or parsley.

## Nutrition Facts



**PROTEIN 16.04%** **FAT 31.14%** **CARBS 52.82%**

## Properties

Glycemic Index:4.7, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.0591304075459%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 45.13kcal (2.26%), Fat: 1.59g (2.45%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.49g (2%), Sugar: 0.47g (0.52%), Cholesterol: 5.16mg (1.72%), Sodium: 80.86mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Potassium: 179.37mg (5.12%), Phosphorus: 42.66mg (4.27%), Vitamin C: 3.1mg (3.76%), Vitamin B6: 0.07mg (3.36%), Manganese: 0.05mg (2.54%), Copper: 0.05mg (2.54%), Fiber: 0.6g (2.38%), Vitamin B3: 0.47mg (2.37%), Vitamin K: 2.44µg (2.32%), Calcium: 23.22mg (2.32%), Magnesium: 9.24mg (2.31%), Vitamin B1: 0.03mg (2.12%), Selenium: 1.33µg (1.9%), Folate: 7.42µg (1.85%), Iron: 0.31mg (1.74%), Zinc: 0.26mg (1.74%), Vitamin B2: 0.03mg (1.61%)