



Microwave Smoky Potatoes

 Gluten Free

READY IN



31 min.

SERVINGS



31

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp pepper black
- 0.5 cup pasilla peppers green chopped
- 6 oz oscar mayer ham smoked cut into strips
- 1 cup milk
- 1.5 lb potatoes halved cut into 1/4-inch-thick slices,
- 6 oz hoffman's smokey-sharp pasteurized process cheese food with smoke flavor, cubed

Equipment

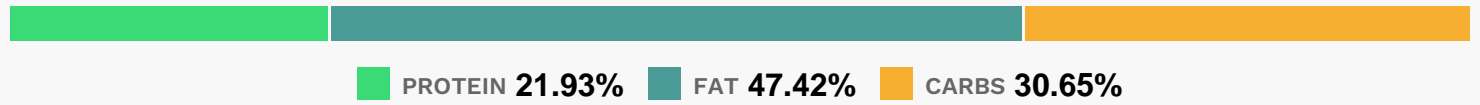
- casserole dish

microwave

Directions

- Mix potatoes, ham, milk and green peppers in 2-qt. microwaveable casserole dish. Season with black pepper; cover.
- Microwave on HIGH 8 min.; stir.
- Add process cheese; mix lightly. Microwave 6 to 8 min. or until potatoes are tender. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:6.15, Glycemic Load:2.99, Inflammation Score:-1, Nutrition Score:2.6908695542294%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 57.84kcal (2.89%), Fat: 3.06g (4.71%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.63g (0.7%), Cholesterol: 9.83mg (3.28%), Sodium: 105.4mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin C: 6.26mg (7.58%), Phosphorus: 57.83mg (5.78%), Calcium: 51.77mg (5.18%), Vitamin B6: 0.1mg (4.98%), Selenium: 3.01µg (4.31%), Vitamin B1: 0.06mg (3.86%), Potassium: 128.44mg (3.67%), Vitamin B2: 0.05mg (3.23%), Zinc: 0.43mg (2.85%), Vitamin B3: 0.5mg (2.49%), Vitamin B12: 0.14µg (2.26%), Magnesium: 8.77mg (2.19%), Fiber: 0.53g (2.1%), Manganese: 0.04mg (1.96%), Copper: 0.03mg (1.59%), Vitamin A: 77.11IU (1.54%), Vitamin B5: 0.14mg (1.45%), Iron: 0.24mg (1.31%), Folate: 5.07µg (1.27%), Vitamin D: 0.16µg (1.05%)