



Mini New Potato Bites

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



31 kcal

SIDE DISH

Ingredients

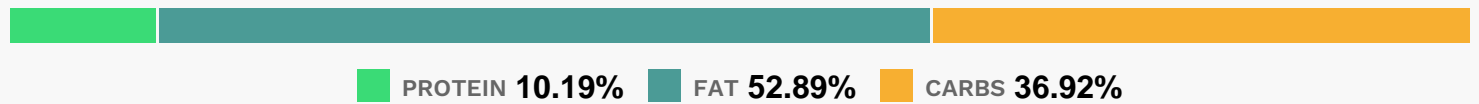
- 4 slices oscar mayer bacon crumbled cooked
- 2 Tbsp knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 2 Tbsp chives fresh chopped
- 1.5 lb new potatoes
- 2 Tbsp parmesan cheese grated kraft

Equipment

Directions

- Cook potatoes in boiling water 15 min. or until tender.
- Meanwhile, mix cream cheese, Parmesan and sour cream until blended. Refrigerate until ready to use.
- Drain potatoes; cool slightly.
- Cut in half, then cut small piece from rounded bottom of each; discard removed potato pieces.
- Place potatoes, bottom sides down, on platter; top with cream cheese mixture, bacon and chives.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:1.97, Inflammation Score:-1, Nutrition Score:1.0617391329421%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 30.65kcal (1.53%), Fat: 1.82g (2.81%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.23g (0.26%), Cholesterol: 4.34mg (1.45%), Sodium: 25.82mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 3.06mg (3.71%), Vitamin B6: 0.05mg (2.59%), Potassium: 72.32mg (2.07%), Phosphorus: 16.02mg (1.6%), Fiber: 0.34g (1.34%), Manganese: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.22%), Vitamin B3: 0.24mg (1.21%), Selenium: 0.75µg (1.08%), Magnesium: 4.13mg (1.03%)