



Oven Fried Potatoes I

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



499 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 0.5 cup butter diced
- ☐ 1 onion finely chopped
- ☐ 5 pounds potatoes red thinly sliced
- ☐ 6 servings salt and pepper to taste

Equipment

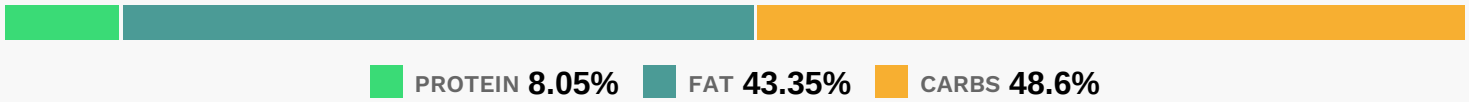
- ☐ oven
- ☐ casserole dish

- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch casserole dish.
- ☐ Place potatoes in an even layer in greased dish.
- ☐ Sprinkle onion and bacon over potatoes, then dot with butter. Cover dish with foil.
- ☐ Bake in preheated oven for 45 minutes.
- ☐ Remove foil and stir potatoes. Turn oven to broiler setting and allow potatoes to brown for approximately 5 minutes, until crispy. You may need to stir every minute or so to achieve even browning.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:18.189130339933%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 499.3kcal (24.97%), Fat: 24.62g (37.88%), Saturated Fat: 12.79g (79.93%), Carbohydrates: 62.11g (20.7%), Net Carbohydrates: 55.37g (20.13%), Sugar: 5.66g (6.29%), Cholesterol: 55.19mg (18.4%), Sodium: 529.84mg (23.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.57%), Potassium: 1794.78mg (51.28%), Vitamin C: 33.86mg (41.05%), Vitamin B6: 0.72mg (36.18%), Manganese: 0.56mg (27.98%), Phosphorus: 272.11mg (27.21%), Fiber: 6.74g (26.95%), Vitamin B3: 5.26mg (26.29%), Copper: 0.52mg (26.15%), Vitamin B1: 0.38mg (25.08%), Magnesium: 88.02mg (22%), Folate: 72.09µg (18.02%), Iron: 2.89mg (16.07%), Vitamin B5: 1.22mg (12.2%), Vitamin K: 12.36µg (11.77%), Zinc: 1.56mg (10.37%), Vitamin A: 507.69IU (10.15%), Selenium: 6.59µg (9.42%), Vitamin B2: 0.15mg (8.61%), Calcium: 47.78mg (4.78%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.14µg (2.37%)