



Over the Fire Scalloped Potatoes

 Gluten Free

READY IN



42 min.

SERVINGS



8

CALORIES



508 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup crisply bacon crumbled cooked
- ☐ 8 large baking potatoes diced peeled
- ☐ 8 servings pepper black to taste
- ☐ 0.5 cup butter
- ☐ 10 ounce cream of mushroom soup canned
- ☐ 8 servings garlic salt to taste
- ☐ 1 bunch green onions sliced
- ☐ 0.5 cup sautéed mushrooms

☐ 1 cup cheddar cheese shredded

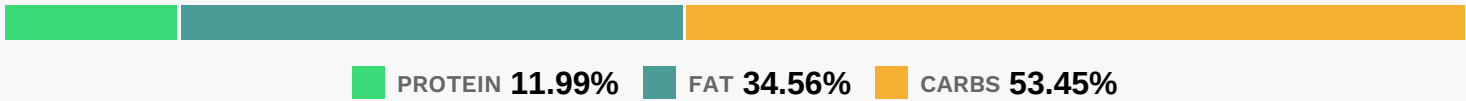
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat a grill for medium heat.
- ☐ Prepare 8 pieces of aluminum foil with vegetable cooking spray.
- ☐ Combine potatoes, green onion, soup, cheese, (and bacon and mushrooms if using) in a bowl. Season to taste with salt and pepper. Evenly divide the potato mixture among the squares of aluminum foil. Dot with butter. Fold into foil packets, sealing well.
- ☐ Cook foil packets on the grill for 12 to 20 minutes, until the potatoes have cooked.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:52.64, Inflammation Score:-6, Nutrition Score:20.368260914865%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 508.06kcal (25.4%), Fat: 19.96g (30.71%), Saturated Fat: 11.38g (71.12%), Carbohydrates: 69.47g (23.16%), Net Carbohydrates: 64.44g (23.43%), Sugar: 2.53g (2.81%), Cholesterol: 53.39mg (17.8%), Sodium: 766.54mg (33.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.17%), Vitamin B6: 1.34mg (67.18%), Potassium: 1661.63mg (47.48%), Manganese: 0.71mg (35.47%), Phosphorus: 315.15mg (31.52%), Vitamin C: 21.72mg (26.33%), Vitamin B3: 5.13mg (25.63%), Copper: 0.49mg (24.3%), Vitamin B1: 0.36mg (24.04%), Magnesium: 94.95mg (23.74%), Fiber: 5.03g (20.12%), Iron: 3.6mg (20%), Calcium: 156.34mg (15.63%), Folate: 60.49µg (15.12%), Zinc: 2.25mg (15.01%), Vitamin B2: 0.25mg (14.9%), Vitamin B5: 1.42mg (14.24%), Selenium: 9.78µg (13.97%), Vitamin K: 14.35µg (13.66%), Vitamin A: 532.84IU (10.66%), Vitamin B12: 0.31µg (5.17%), Vitamin E: 0.52mg (3.47%)