



Parmesan Potato Bites

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 1.5 teaspoons olive oil
- ☐ 0.8 cup onion minced
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 1 pound round potatoes red
- ☐ 1 teaspoon rubbed sage
- ☐ 0.3 cup at least of turkey bacon diced uncooked (2 slices)

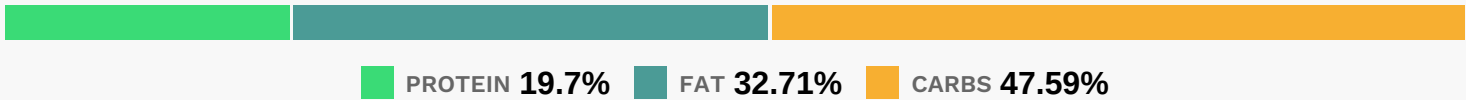
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Cook potatoes in boiling water 15 minutes or until tender; drain.
- ☐ Heat oil in a nonstick skillet over medium-high heat.
- ☐ Add onion, bacon, pepper, and garlic; saut 5 minutes or until tender.
- ☐ Preheat broiler.
- ☐ Cut potatoes in half; carefully scoop out pulp, leaving a 1/4-inch shell. Mash potato pulp with a fork; stir in cheese and sage.
- ☐ Add to onion mixture, stirring well. Spoon about 1 tablespoon potato mixture into each shell. Arrange stuffed potatoes on a baking sheet, and broil 3 to 4 inches from heat 3 minutes or until lightly browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:2.8260869649441%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 61.12kcal (3.06%), Fat: 2.27g (3.49%), Saturated Fat: 1g (6.28%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.58g (2.39%), Sugar: 0.96g (1.06%), Cholesterol: 4.89mg (1.63%), Sodium: 122.08mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Phosphorus: 67.79mg (6.78%), Calcium: 63.77mg

(6.38%), Potassium: 201.06mg (5.74%), Vitamin C: 4.23mg (5.12%), Vitamin B6: 0.1mg (4.78%), Manganese: 0.08mg (4.13%), Fiber: 0.84g (3.35%), Copper: 0.06mg (3.06%), Magnesium: 12.15mg (3.04%), Vitamin B1: 0.04mg (2.64%), Selenium: 1.85µg (2.64%), Vitamin B3: 0.52mg (2.62%), Folate: 9.24µg (2.31%), Zinc: 0.33mg (2.22%), Iron: 0.39mg (2.18%), Vitamin B2: 0.04mg (2.06%), Vitamin K: 1.83µg (1.74%), Vitamin B5: 0.14mg (1.44%), Vitamin B12: 0.06µg (1.05%)