



Potachos

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup knudsen cream sour
- 4 green onions sliced
- 8 oz kettle-cooked potato chips
- 8 oz cheddar cheese shredded kraft
- 8 slices oscar mayer center cut bacon crumbled cooked
- 1 large tomatoes chopped

Equipment

- microwave

Directions

- Spread chips onto large microwaveable plate; top with cheese.
- Microwave on HIGH 1 to 2 min. or until cheese is melted.
- Top with remaining ingredients.
- Serve immediately.

Nutrition Facts

PROTEIN 11.95% **FAT 71.9%** **CARBS 16.15%**

Properties

Glycemic Index:6.47, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:6.7147825230723%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 240.58kcal (12.03%), Fat: 19.42g (29.88%), Saturated Fat: 6.75g (42.18%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.11g (3.31%), Sugar: 0.75g (0.84%), Cholesterol: 32.32mg (10.77%), Sodium: 309.16mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Phosphorus: 129.95mg (13%), Selenium: 8.82µg (12.6%), Vitamin E: 1.88mg (12.54%), Calcium: 122.29mg (12.23%), Vitamin K: 11.4µg (10.86%), Vitamin B5: 0.87mg (8.65%), Vitamin B3: 1.6mg (7.98%), Potassium: 278.27mg (7.95%), Vitamin B6: 0.16mg (7.83%), Vitamin C: 5.6mg (6.79%), Vitamin A: 339.34IU (6.79%), Zinc: 1mg (6.7%), Vitamin B2: 0.11mg (6.66%), Vitamin B1: 0.1mg (6.49%), Manganese: 0.12mg (6.19%), Magnesium: 18.65mg (4.66%), Vitamin B12: 0.27µg (4.54%), Copper: 0.06mg (2.98%), Folate: 11.89µg (2.97%), Fiber: 0.7g (2.79%), Iron: 0.38mg (2.12%), Vitamin D: 0.17µg (1.12%)