



WHATSheATE



Potato and Jalapeño Cheese Bake



Vegetarian



Gluten Free

READY IN



79 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce jalapeño cheddar cheese shredded 50% reduced-fat (such as Cabot)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 16 ounce prechopped bell pepper-and-onion mix
- ☐ 18 ounce potatoes refrigerated sliced (such as Simply Potatoes Homestyle Slices)
- ☐ 0.5 teaspoon salt

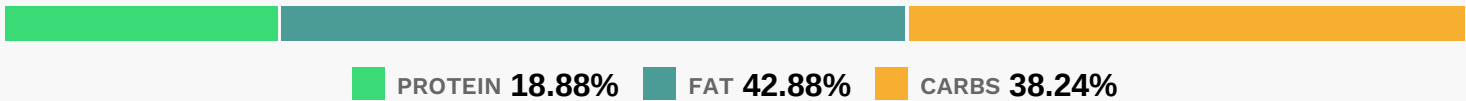
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- ☐ Add bell pepper mix; cook 5 minutes, stirring frequently.
- ☐ Add garlic; cook 1 additional minute.
- ☐ While bell pepper mixture cooks, arrange half of potato slices in bottom of an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine salt and pepper.
- ☐ Sprinkle potato slices with half of salt mixture.
- ☐ Layer potato mixture with half of bell pepper mixture and one-third of cheese. Repeat procedure with remaining half of potato slices, salt mixture, bell pepper mixture, and remaining two-thirds of cheese.
- ☐ Cover and bake at 400 for 40 minutes. Uncover and bake 10 additional minutes or until cheese is lightly browned and potatoes are tender.
- ☐ Sprinkle with cilantro.
- ☐ Serve with: Romaine and Sweet Onion Salad

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:14.55, Inflammation Score:-10, Nutrition Score:16.462173928385%

Flavonoids

Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 271.8kcal (13.59%), Fat: 13.34g (20.53%), Saturated Fat: 7.36g (45.99%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 21.76g (7.91%), Sugar: 0.82g (0.91%), Cholesterol: 37.8mg (12.6%), Sodium: 482.62mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.43%), Vitamin A: 4310.42IU (86.21%), Vitamin C: 25.6mg (31.03%), Calcium: 301.72mg (30.17%), Phosphorus: 270.17mg (27.02%), Fiber: 5.02g (20.07%), Manganese: 0.38mg (18.96%), Vitamin B6: 0.38mg (18.84%), Selenium: 11.56µg (16.51%), Potassium: 564.65mg (16.13%), Vitamin B2: 0.26mg (15.46%), Zinc: 2.01mg (13.38%), Magnesium: 49.05mg (12.26%), Vitamin B1: 0.18mg (11.75%), Folate: 44.38µg (11.1%), Vitamin B3: 1.89mg (9.47%), Copper: 0.19mg (9.3%), Iron: 1.52mg (8.43%), Vitamin B12: 0.4µg (6.68%), Vitamin K: 6.96µg (6.63%), Vitamin B5: 0.55mg (5.53%), Vitamin E: 0.33mg (2.19%), Vitamin D: 0.23µg (1.51%)