

Potato Rounds

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 2 large baking potatoes
- ☐ 1 cup cheddar cheese shredded

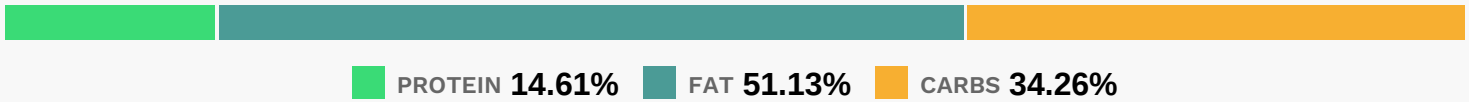
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Place the potatoes in a large pot with enough water to cover. Bring to a boil, and cook until tender when pierced with a fork, about 20 minutes.
- ☐ Drain, and cool.
- ☐ Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet. Cook bacon in a large skillet over medium-high heat until crisp.
- ☐ Drain, cool, and crumble.
- ☐ Slice the potatoes into 1/4 inch rounds, and arrange them in a single layer on the baking sheet.
- ☐ Sprinkle a few crumbles of bacon onto each round, then top with some shredded Cheddar cheese.
- ☐ Bake for 15 minutes in the preheated oven, or until cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:13.2, Inflammation Score:-2, Nutrition Score:6.5673913178237%

Nutrients (% of daily need)

Calories: 199.31kcal (9.97%), Fat: 11.43g (17.58%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 16.03g (5.83%), Sugar: 0.62g (0.69%), Cholesterol: 25.01mg (8.34%), Sodium: 206.22mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin B6: 0.37mg (18.59%), Phosphorus: 139.19mg (13.92%), Potassium: 428.23mg (12.24%), Calcium: 112.68mg (11.27%), Selenium: 7.68µg (10.98%), Vitamin B1: 0.13mg (8.35%), Vitamin B3: 1.63mg (8.13%), Manganese: 0.15mg (7.4%), Magnesium: 27.01mg (6.75%), Zinc: 0.98mg (6.54%), Vitamin C: 5.26mg (6.37%), Vitamin B2: 0.11mg (6.24%), Copper: 0.11mg (5.33%), Iron: 0.88mg (4.91%), Fiber: 1.2g (4.8%), Vitamin B5: 0.43mg (4.28%), Folate: 15.88µg (3.97%), Vitamin B12: 0.23µg (3.87%), Vitamin A: 148.56IU (2.97%), Vitamin K: 2µg (1.9%), Vitamin E: 0.19mg (1.24%)