



Potato Smashers

 Gluten Free

READY IN



32 min.

SERVINGS



32

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.8 lb new potatoes
- 0.5 cup sharp cheddar cheese shredded kraft
- 4 slices oscar mayer center cut bacon crumbled cooked
- 0.5 cup water

Equipment

- frying pan
- microwave

Directions

- Microwave potatoes and water in 2-qt. microwaveable dish on HIGH 10 min. or until potatoes are tender.
- Let stand 5 min.
- Drain potatoes; place on work surface. Flatten to 1/2-inch thickness.
- Heat dressing in large skillet on medium heat.
- Add potatoes; cook 4 min. or until bottoms are golden brown. Turn potatoes over; top with cheese and bacon. Cover; cook 2 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:1.05652173317%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 36.36kcal (1.82%), Fat: 2.59g (3.98%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.19g (0.21%), Cholesterol: 4.74mg (1.58%), Sodium: 51.28mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 2.1mg (2.54%), Vitamin B6: 0.05mg (2.26%), Phosphorus: 20.76mg (2.08%), Selenium: 1.45µg (2.08%), Potassium: 55.8mg (1.59%), Vitamin B3: 0.3mg (1.48%), Vitamin B1: 0.02mg (1.44%), Calcium: 14.21mg (1.42%)