



Potatoes Anna with Bacon and Romano

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

Ingredients

- 3 slices bacon
- 2.5 pounds baking potato peeled cut into 1/4-inch-thick slices
- 0.3 teaspoon pepper black
- 0.3 cup less-sodium chicken broth fat-free
- 2 garlic cloves minced
- 0.5 cup onion chopped
- 1 ounce romano cheese fresh divided grated
- 0.8 teaspoon salt divided

Equipment

- frying pan
- oven
- wire rack
- aluminum foil
- spatula

Directions

- Preheat oven to 37
- Cook bacon in a 9-inch cast-iron skillet over medium heat until crisp.
- Remove bacon from pan; crumble. Reserve 2 tablespoons drippings, and set aside.
- Add onion, pepper, and garlic to pan; saut 3 minutes or until tender.
- Add onion mixture to bacon.
- Add the reserved drippings to pan. Arrange one-third of potato slices in a single layer in pan; sprinkle with 1/4 teaspoon salt.
- Spread half of onion mixture over potato slices; sprinkle with 2 tablespoons cheese. Repeat procedure with the remaining potato slices, salt, onion mixture, and cheese, ending with potato slices.
- Sprinkle with 1/4 teaspoon salt.
- Pour broth over top.
- Lightly coat 1 side of foil with cooking spray. Cover pan with foil, coated side down.
- Bake at 375 for 45 minutes.
- Place a heavy ovenproof pan on top of foil.
- Bake an additional 55 minutes or until potatoes are tender.
- Remove pan from oven; cool 20 minutes on a wire rack. Uncover and gently loosen potatoes from pan with a spatula; invert onto a serving plate.

Nutrition Facts



■ PROTEIN 12.77% ■ FAT 23.24% ■ CARBS 63.99%

Properties

Glycemic Index:33.46, Glycemic Load:27.29, Inflammation Score:-3, Nutrition Score:9.7130434513092%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 220.87kcal (11.04%), Fat: 5.83g (8.96%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 33.38g (12.14%), Sugar: 1.8g (2%), Cholesterol: 12.17mg (4.06%), Sodium: 469.06mg (20.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Vitamin B6: 0.72mg (35.76%), Potassium: 841.44mg (24.04%), Manganese: 0.35mg (17.26%), Phosphorus: 162.27mg (16.23%), Vitamin C: 12.07mg (14.63%), Vitamin B1: 0.2mg (13.06%), Vitamin B3: 2.48mg (12.39%), Magnesium: 48.55mg (12.14%), Fiber: 2.73g (10.9%), Copper: 0.21mg (10.6%), Iron: 1.78mg (9.86%), Calcium: 81.2mg (8.12%), Folate: 29.46µg (7.37%), Vitamin B5: 0.68mg (6.85%), Selenium: 4.07µg (5.82%), Vitamin B2: 0.1mg (5.62%), Zinc: 0.84mg (5.58%), Vitamin K: 3.71µg (3.54%), Vitamin B12: 0.13µg (2.11%)