



Red Potatoes with Bacon & Cheese

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



143 kcal

SIDE DISH

Ingredients

- 1 Tbsp parsley fresh chopped
- 0.5 cup italian* five cheese blend shredded kraft finely
- 0.5 cup classic ranch dressing kraft
- 0.3 cup oscar mayer real bacon bits
- 2 lb potatoes red quartered (9)

Equipment

- bowl
- oven

baking pan

Directions

- Heat oven to 350F.
- Combine first 3 ingredients.
- Add to potatoes in large bowl; mix lightly.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; cover.
- Bake 55 min. or until potatoes are tender, uncovering after 40 min.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.1886956141047%

Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 143.3kcal (7.17%), Fat: 7.47g (11.5%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 13.8g (5.02%), Sugar: 1.74g (1.93%), Cholesterol: 8.28mg (2.76%), Sodium: 220.05mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin K: 24.94µg (23.76%), Potassium: 422.55mg (12.07%), Vitamin C: 8.31mg (10.07%), Vitamin B6: 0.16mg (7.91%), Phosphorus: 77.88mg (7.79%), Manganese: 0.13mg (6.68%), Copper: 0.12mg (6.22%), Fiber: 1.55g (6.22%), Vitamin B3: 1.05mg (5.27%), Magnesium: 20.75mg (5.19%), Vitamin B1: 0.08mg (5.04%), Folate: 17.39µg (4.35%), Iron: 0.72mg (4.01%), Vitamin B5: 0.35mg (3.5%), Calcium: 24.16mg (2.42%), Vitamin B2: 0.04mg (2.29%), Zinc: 0.32mg (2.16%), Vitamin E: 0.28mg (1.86%), Selenium: 0.87µg (1.25%)