



Roasted Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



1580 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer bacon chopped
- 2 tsp parsley fresh chopped
- 1 clove garlic minced
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 1 Tbsp juice of lemon
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 2 lb new potatoes red halved lengthwise
- 2 Tbsp parmesan cheese shredded kraft

Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Combine potatoes, bacon and dressing; spread onto rimmed baking sheet.
- Bake 45 min. or until potatoes are tender and crisp around the edges, stirring after 25 min.
- Meanwhile, mix mayo, lemon juice and garlic until blended.
- Spoon potatoes onto platter; top with mayo mixture, cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:172.75, Glycemic Load:116.38, Inflammation Score:-9, Nutrition Score:50.86086946985%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Kaempferol: 7.27mg, Kaempferol: 7.27mg, Kaempferol: 7.27mg, Kaempferol: 7.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 1579.56kcal (78.98%), Fat: 81.72g (125.73%), Saturated Fat: 23.31g (145.71%), Carbohydrates: 174.77g (58.26%), Net Carbohydrates: 154.69g (56.25%), Sugar: 14.99g (16.65%), Cholesterol: 105.87mg (35.29%), Sodium: 2144.65mg (93.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.26g (78.53%), Vitamin C: 185.9mg (225.33%), Vitamin B6: 3.11mg (155.52%), Potassium: 4178.59mg (119.39%), Vitamin K: 85.53µg (81.46%), Fiber: 20.07g (80.29%), Phosphorus: 800.3mg (80.03%), Vitamin B3: 15mg (75%), Vitamin B1: 1.12mg (74.57%), Manganese: 1.48mg (73.78%), Magnesium: 234.34mg (58.59%), Copper: 1.07mg (53.63%), Selenium: 34.77µg (49.67%), Iron: 7.99mg (44.41%), Folate: 152.23µg (38.06%), Vitamin B5: 3.54mg (35.45%), Zinc: 4.59mg (30.61%), Vitamin B2: 0.44mg (25.66%), Calcium: 250.68mg (25.07%), Vitamin E: 3.31mg (22.05%), Vitamin B12: 0.78µg (13%), Vitamin A: 231.24IU (4.62%), Vitamin D: 0.58µg (3.85%)