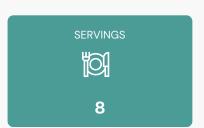


Roasted Potatoes with Bacon, Cheese, and Parsley

Gluten Free







SIDE DISH

Ingredients

- 6 ounces bacon halved lengthwise (6 slices)
 - 0.3 cup flat parsley chopped
- 2 garlic clove finely chopped
- 2 tablespoons olive oil
- 0.5 cup parmesan grated
- 3 pounds yukon gold potatoes (3 inches in diameter)

Equipment

	frying pan
	paper towels
	oven
	knife
	pot
	baking pan
Directions	
	Preheat oven to 425°F with rack in lowest position.
	Generously cover potatoes with cold water in a 4-quart pot and add 1 tablespoon salt. Bring to a boil, then simmer, partially covered, until potatoes are just tender when pierced with a small sharp knife, about 12 minutes.
	Drain. Cool potatoes to warm, then peel and cut in half crosswise.
	Cook bacon in a 12-inch heavy skillet over medium heat, stirring, until cooked through but still flexible.
	Drain on paper towels, reserving fat in skillet.
	Brush bottom of a 15- by 10-inch shallow baking pan with oil and half of reserved bacon fat.
	Sprinkle potatoes with 1/2 teaspoon salt and 1/4 teaspoon pepper and arrange, cut sides down, in baking pan.
	Bake until undersides are golden brown, 30 to 35 minutes.
	Reduce oven temperature to 375°F. Turn potatoes over, then sprinkle with cheese, bacon, and garlic and drizzle with remaining bacon fat (if fat congeals, reheat briefly over medium heat).
	Bake until cheese is melted, about 15 minutes.
	Sprinkle with parsley.
	· Potatoes can be boiled and peeled 1 day ahead and chilled in an airtight container. Potatoes, without cheese, bacon, garlic, and bacon fat, can be baked 6 hours ahead and kept, loosely covered, at room temperature. Turn potatoes over and proceed with recipe, baking a little longer. If baking at same time as stuffing, leave oven temperature at 425°F.

Nutrition Facts

Properties

Glycemic Index:21.59, Glycemic Load:21.9, Inflammation Score:-5, Nutrition Score:12.635217283083%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 276.87kcal (13.84%), Fat: 13.73g (21.12%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 26.74g (9.72%), Sugar: 1.4g (1.56%), Cholesterol: 18.28mg (6.09%), Sodium: 252.33mg (10.97%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.46g (16.91%), Vitamin C: 36.24mg (43.92%), Vitamin K: 36.21µg (34.48%), Vitamin B6: 0.57mg (28.75%), Potassium: 777.39mg (22.21%), Phosphorus: 173.18mg (17.32%), Fiber: 3.82g (15.28%), Manganese: 0.28mg (13.97%), Vitamin B3: 2.69mg (13.47%), Vitamin B1: 0.2mg (13.35%), Magnesium: 45.55mg (11.39%), Copper: 0.2mg (9.98%), Calcium: 99.45mg (9.95%), Selenium: 6.3µg (9%), Iron: 1.61mg (8.97%), Folate: 30.53µg (7.63%), Vitamin B5: 0.66mg (6.62%), Zinc: 0.94mg (6.3%), Vitamin B2: 0.1mg (5.59%), Vitamin A: 218.1IU (4.36%), Vitamin E: 0.64mg (4.27%), Vitamin B12: 0.18µg (3.02%)