



## Roasted Potatoes with Bacon, Cheese, and Parsley

 **Gluten Free**

READY IN



**300 min.**

SERVINGS



**8**

CALORIES



**277 kcal**

**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



■ PROTEIN 12.1% ■ FAT 44.18% ■ CARBS 43.72%

## 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 Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.21mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)