



## Rustic Smashed Potatoes

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



27 kcal

SIDE DISH

### Ingredients

- 1 cup colby & monterey jack cheeses shredded kraft finely
- 0.5 cup knudsen cream sour
- 1 eggs beaten
- 1 Tbsp chives fresh chopped
- 1.8 lb new potatoes red
- 2 Tbsp oscar mayer real bacon bits
- 1 pkt. shake n bake seasoned panko seasoned coating mix
- 0.3 tsp paprika smoked

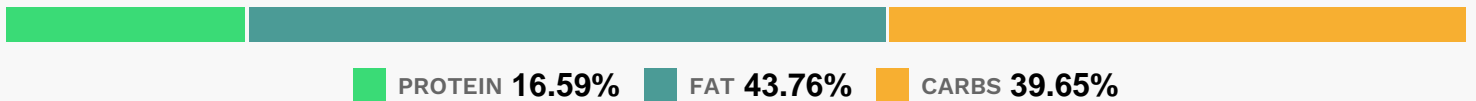
## Equipment

- bowl
- baking sheet
- oven
- spatula

## Directions

- Heat oven to 375F.
- Place potatoes on rimmed baking sheet sprayed with cooking spray; bake 20 to 25 min. or until tender. Meanwhile, combine coating mix, bacon and paprika in medium bowl; stir in cheese.
- Remove potatoes from baking sheet. Use back of spatula to flatten potatoes to 1/2-inch thickness.
- Brush both sides of each potato with egg, then coat evenly with cheese mixture. Return to baking sheet.
- Bake 15 min. or until crisp and golden brown.
- Sprinkle with chives.
- Serve with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:2.61, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:1.1295652123897%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 26.8kcal (1.34%), Fat: 1.32g (2.03%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.2g (0.22%), Cholesterol: 6.85mg (2.28%), Sodium: 31.84mg (1.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin C: 2.89mg (3.51%), Vitamin B6: 0.05mg (2.35%), Phosphorus: 22.43mg (2.24%), Calcium: 20.81mg (2.08%), Potassium: 67.9mg (1.94%), Fiber: 0.32g (1.29%), Vitamin B2: 0.02mg (1.23%), Manganese: 0.02mg (1.16%), Magnesium: 4.29mg (1.07%), Selenium: 0.72µg (1.02%)