



Skillet Canadian Bacon and Potatoes



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups water
- ☐ 2 teaspoons butter
- ☐ 7.7 oz potatoes
- ☐ 1.3 cups skim milk fat-free (skim)
- ☐ 0.5 lb canadian bacon cut into strips
- ☐ 9 oz sugar snap peas frozen thawed drained

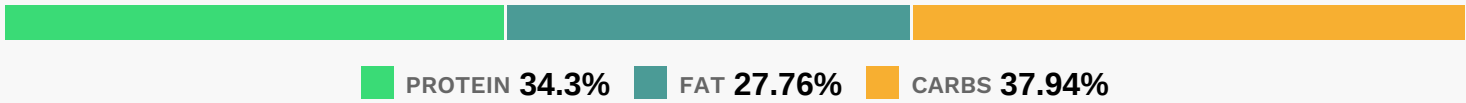
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch deep-sided nonstick skillet, heat water and butter to boiling over medium-high heat. Stir in potato slices from mix; return to boiling. Boil 15 minutes.
- ☐ Do not drain potatoes. Stir in contents of sauce packet from mix, the milk, bacon and sugar snap peas. Return to boiling. Reduce heat to medium; cook 4 to 5 minutes longer, stirring occasionally, until sauce is slightly thickened.
- ☐ Sprinkle with contents of topping packet from mix. If desired, season to taste with pepper.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:8.22, Inflammation Score:-7, Nutrition Score:17.717391335446%

Flavonoids

Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 201.84kcal (10.09%), Fat: 6.2g (9.54%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 16.21g (5.89%), Sugar: 6.84g (7.6%), Cholesterol: 30.65mg (10.22%), Sodium: 583.7mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.48%), Vitamin C: 49.03mg (59.43%), Vitamin B1: 0.61mg (40.55%), Phosphorus: 285.19mg (28.52%), Vitamin B6: 0.53mg (26.44%), Selenium: 16.32µg (23.31%), Vitamin B3: 4.58mg (22.91%), Potassium: 681.28mg (19.47%), Vitamin A: 940.06IU (18.8%), Vitamin D: 2.43µg (16.2%), Vitamin K: 16.98µg (16.17%), Vitamin B2: 0.27mg (15.72%), Calcium: 146.54mg (14.65%), Vitamin B12: 0.83µg (13.77%), Manganese: 0.25mg (12.72%), Magnesium: 48.83mg (12.21%), Vitamin B5: 1.21mg (12.1%), Iron: 2.14mg (11.88%), Fiber: 2.86g (11.44%), Zinc: 1.48mg (9.89%), Folate: 39.35µg (9.84%), Copper: 0.17mg (8.47%), Vitamin E: 0.45mg (3.01%)