



## Skillet Parmesan Potatoes

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

### Ingredients

- 4 slices oscar mayer bacon cut into 1/2-inch pieces
- 2 Tbsp oil
- 1 onion chopped
- 2 Tbsp parmesan cheese grated kraft
- 1 bell pepper red chopped
- 1.5 lb potatoes red thinly sliced ( 5)
- 2 Tbsp water

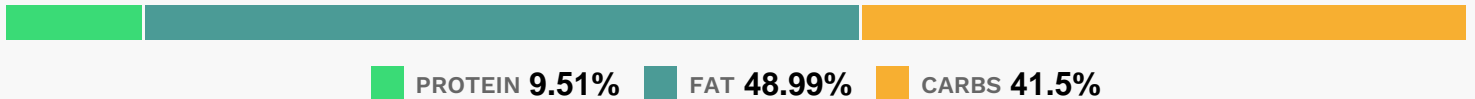
### Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

## Directions

- Cook and stir bacon in large nonstick skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon.
- Drain on paper towels. Discard drippings from skillet.
- Add oil, peppers and onions to skillet; cook and stir 6 min.
- Remove from heat. Spoon onion mixture into bowl.
- Add water to skillet. Arrange 2 cups potatoes on bottom of skillet; top with layers of half each of the onion mixture and bacon. Repeat all layers. Top with remaining potatoes; cover.
- Cook on medium-low heat 30 min. or until potatoes are tender. Carefully invert skillet onto large platter; remove skillet. Top potatoes with cheese.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:5.5921739275041%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## Nutrients (% of daily need)

Calories: 120.78kcal (6.04%), Fat: 6.71g (10.33%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.21g (4.07%), Sugar: 1.84g (2.05%), Cholesterol: 6.68mg (2.23%), Sodium: 89.07mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin C: 21.9mg (26.54%), Potassium: 370.01mg (10.57%), Vitamin B6: 0.19mg (9.39%), Vitamin A: 389.48IU (7.79%), Phosphorus: 66.8mg (6.68%), Fiber: 1.59g (6.37%), Vitamin B3: 1.27mg (6.33%), Manganese: 0.13mg (6.26%), Vitamin B1: 0.09mg (6.08%), Copper: 0.1mg (5.1%), Folate: 19.87µg (4.97%), Vitamin E: 0.73mg (4.87%), Magnesium: 18.93mg (4.73%), Vitamin K: 4.61µg (4.39%),

Selenium: 2.53µg (3.61%), Iron: 0.61mg (3.4%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.42mg (2.8%), Vitamin B2: 0.04mg (2.63%), Calcium: 19.54mg (1.95%)