



The Smotherload

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 1 tablespoon cornstarch
- 20 ounce waffle fries frozen
- 4 servings kosher salt and pepper freshly ground
- 6 ounces mild cheddar cheese shredded yellow
- 0.3 teaspoon ground mustard
- 2 tablespoons pimientos chopped
- 2 scallions sliced

- 2 ounces mozzarella cheese shredded
- 0.3 cup cup heavy whipping cream sour

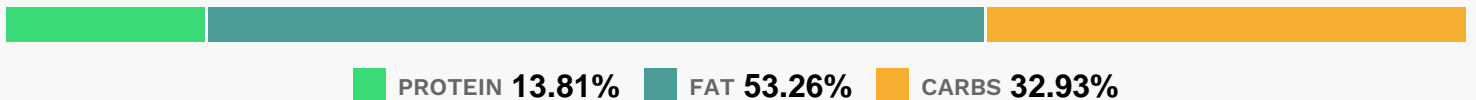
Equipment

- food processor
- frying pan
- paper towels
- sauce pan
- oven

Directions

- Bake the waffle fries as the label directs. Meanwhile, cook the bacon in a large skillet over medium heat until crisp, about 4 minutes per side.
- Drain on paper towels, then chop into bite-size pieces.
- Combine the cheddar, mozzarella, cornstarch, pimientos and mustard powder in a food processor and pulse until smooth.
- Transfer to a medium saucepan; add 1/3 cup water and cook over medium heat, stirring constantly, until the cheese melts and the mixture is smooth, about 5 minutes. Stir in the sour cream and season with salt and pepper. Divide the waffle fries among plates; top with the cheese sauce, bacon and scallions.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:29.408260516498%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 742.56kcal (37.13%), Fat: 44.19g (67.98%), Saturated Fat: 18.1g (113.13%), Carbohydrates: 61.48g (20.49%), Net Carbohydrates: 59.42g (21.61%), Sugar: 5g (5.56%), Cholesterol: 113.58mg (37.86%), Sodium: 1543.94mg (67.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Phosphorus: 736.3mg (73.63%), Calcium: 722.04mg (72.2%), Vitamin A: 3034.58IU (60.69%), Vitamin B2: 1.02mg (59.84%), Vitamin B12: 3.47µg (57.76%), Iron: 9.85mg (54.73%), Vitamin B6: 0.99mg (49.38%), Vitamin B1: 0.73mg (48.73%), Vitamin B3: 9.68mg (48.38%), Folate: 142.93µg (35.73%), Selenium: 19.77µg (28.24%), Zinc: 3.04mg (20.27%), Vitamin K: 14.75µg (14.05%), Magnesium: 44.74mg (11.19%), Vitamin C: 9.07mg (10.99%), Fiber: 2.06g (8.25%), Potassium: 259.01mg (7.4%), Vitamin E: 0.6mg (3.98%), Vitamin B5: 0.37mg (3.72%), Vitamin D: 0.54µg (3.61%), Copper: 0.04mg (1.94%), Manganese: 0.03mg (1.68%)