

Three-Cheese Potatoes

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 tablespoon chives minced
- 0.5 cup bacon crumbled cooked
- 1 medium onion chopped
- 3 tablespoons parmesan cheese grated
- 0.5 cup part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 3 large potatoes peeled cut into 1-inch cubes

- 0.5 teaspoon lawry's seasoned salt
- 0.5 cup cheddar cheese shredded

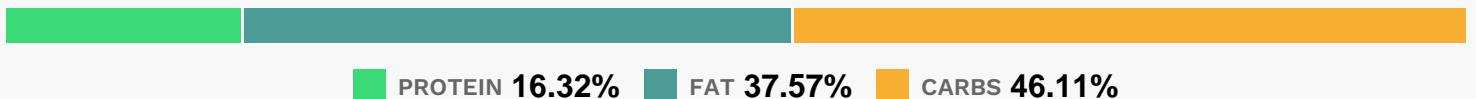
Equipment

- bowl
- grill
- aluminum foil

Directions

- In a large bowl, combine the first six ingredients.
- Transfer to a double thickness of greased heavy-duty foil (about 18 in. square). Dot with butter.
- Fold foil around potato mixture and seal tightly. Grill, covered, over medium heat for 15–18 minutes on each side or until potatoes are tender.
- Carefully open foil.
- Sprinkle the bacon cheeses over potato mixture. Grill 3–5 minutes longer or until cheese is melted. Open foil carefully to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:24.05, Inflammation Score:-6, Nutrition Score:13.67739131658%

Flavonoids

Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 299.94kcal (15%), Fat: 12.67g (19.49%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 30.58g (11.12%), Sugar: 2.37g (2.63%), Cholesterol: 36.92mg (12.31%), Sodium: 556.94mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.77%), Vitamin C: 37.99mg (46.05%),

Vitamin B6: 0.63mg (31.64%), Phosphorus: 250.75mg (25.08%), Potassium: 873.94mg (24.97%), Calcium: 191.12mg (19.11%), Fiber: 4.4g (17.62%), Manganese: 0.32mg (16.25%), Vitamin B3: 2.98mg (14.89%), Selenium: 10.36µg (14.8%), Vitamin B1: 0.21mg (14.3%), Magnesium: 53.2mg (13.3%), Copper: 0.22mg (11.24%), Zinc: 1.57mg (10.5%), Vitamin B2: 0.17mg (9.8%), Folate: 36.65µg (9.16%), Iron: 1.63mg (9.07%), Vitamin B5: 0.74mg (7.36%), Vitamin A: 307.26IU (6.15%), Vitamin B12: 0.32µg (5.34%), Vitamin K: 5.52µg (5.26%), Vitamin E: 0.27mg (1.79%)