



VELVEETA® Potato Bites

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



66 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb baking potatoes peeled cut into chunks (6)
- 0.3 tsp pepper black
- 1 eggs beaten
- 2 green onions thinly sliced
- 1.5 cups taco bellâ® & chunky salsa thick
- 4 oz velveeta cut into 24 cubes
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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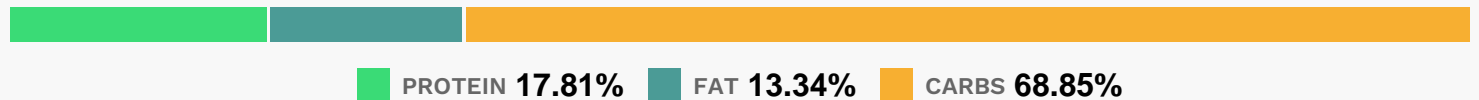
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Cook potatoes in boiling water in large saucepan 15 to 20 min. or until tender; drain. Cool 10 min. Mash potatoes until smooth.
- Add onions, egg and pepper; mix just until blended.
- Heat oven to 400F. Empty coating mix into pie plate.
- Roll potato mixture into 24 balls, using about 2 Tbsp. for each. Insert 1 VELVEETA cube into center of each ball, completely enclosing VELVEETA.
- Add, 1 at a time, to coating mix; turn to evenly coat.
- Place on rimmed baking sheet sprayed with cooking spray.
- Bake 14 to 16 min. or until heated through.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:2.9813043663035%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 48.06kcal (2.4%), Fat: 0.74g (1.14%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 7.77g (2.82%), Sugar: 1.29g (1.43%), Cholesterol: 8.8mg (2.93%), Sodium: 186.19mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin B6: 0.16mg (8.14%), Phosphorus: 78.41mg (7.84%), Potassium: 221.42mg (6.33%), Manganese: 0.08mg (4.12%), Calcium: 38.42mg (3.84%), Vitamin B2:

0.06mg (3.39%), Vitamin K: 3.47µg (3.31%), Fiber: 0.82g (3.26%), Vitamin C: 2.66mg (3.22%), Magnesium: 11.59mg (2.9%), Vitamin A: 144.76IU (2.9%), Vitamin B3: 0.58mg (2.9%), Copper: 0.05mg (2.6%), Vitamin B1: 0.04mg (2.53%), Iron: 0.45mg (2.49%), Zinc: 0.29mg (1.92%), Folate: 7.45µg (1.86%), Vitamin B5: 0.18mg (1.76%), Vitamin E: 0.23mg (1.51%), Selenium: 0.87µg (1.24%)