



Zesty Home Fries

 Gluten Free

READY IN



57 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 0.5 tsp pepper black
- 0.3 cup parsley fresh chopped
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 1 large onion red cut into chunks
- 2 lb potatoes red cut into large chunks (6)
- 1 cup milk sharp cheddar cheese shredded 2% kraft

Equipment

frying pan

oven

Directions

Heat oven to 450F.

Toss potatoes with dressing and pepper in 15x10x1-inch pan sprayed with cooking spray.

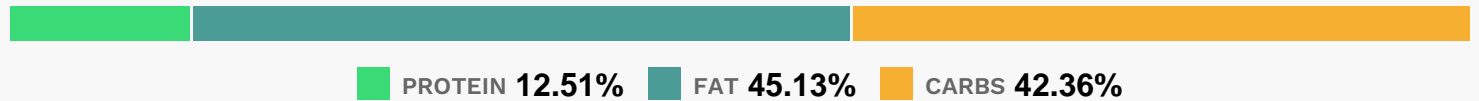
Spread into single layer.

Bake 40 min. or until vegetables are tender, stirring in onions after 20 min.

Sprinkle with parsley and bacon; stir. Top with cheese.

Bake 2 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:9.4408695568209%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 201.68kcal (10.08%), Fat: 10.28g (15.81%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 19.45g (7.07%), Sugar: 3.7g (4.11%), Cholesterol: 17.75mg (5.92%), Sodium: 296.67mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin K: 42.86µg (40.82%), Potassium: 582.19mg (16.63%), Vitamin C: 13.32mg (16.15%), Phosphorus: 149.26mg (14.93%), Vitamin B6: 0.25mg (12.26%), Calcium: 119.69mg (11.97%), Manganese: 0.2mg (10.16%), Fiber: 2.26g (9.02%), Selenium: 6.04µg (8.63%), Copper: 0.17mg (8.58%), Magnesium: 32.68mg (8.17%), Vitamin B1: 0.12mg (8.14%), Vitamin B3: 1.59mg (7.96%), Folate: 28.86µg (7.22%), Zinc: 1.01mg (6.75%), Vitamin B2: 0.11mg (6.33%), Vitamin A: 315.7IU (6.31%), Iron: 1.07mg (5.94%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.48mg (3.2%), Vitamin B12: 0.18µg (2.95%)