

Caprese Potato Bake

Publix Aprons

Servings: 8

1 package (24 ounce) Simply Potatoes garlic mashed potatoes
4 large plum tomatoes, sliced
6 ounces fresh mozzarella cheese, sliced
1 cup Kraft Fresh-Take Parmesan Cheese Breadcrumb Mix

Preparation Time: 10 minutes

Preheat the oven to 400 degrees.

Spread the potatoes evenly in a two-quart baking dish.

Slice the tomatoes and halve the cheese slices. Arrange the tomato and cheese slices, alternating and overlapping the layers (shingle) over the top of the potatoes.

Combine the breading mix and sprinkle over the tomatoes.

Bake for 20 to 25 minutes or until the potatoes are hot and the topping has browned.

Serve.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 7 Calories; trace Fat (11.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Vegetable.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 7 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 11.7% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 74.7% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 13.5% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 5mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 3mg
Potassium (mg): 69mg
Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 193IU
Vitamin A (r.e.): 19RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 7 **Calories from Fat:** 1

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 3mg | 0% |
| Total Carbohydrates | 1g | 0% |
| Dietary Fiber | trace | 1% |
| Protein | trace | |
| Vitamin A | | 4% |
| Vitamin C | | 10% |
| Calcium | | 0% |
| Iron | | 1% |

* Percent Daily Values are based on a 2000 calorie diet.