

Crunchy Onion Bacon Potatoes

Paula Macri - Gattuso's Bella Cucina
French's Fried Onion Rings

Servings: 12

6 cups prepared mashed potatoes
12 slices bacon, cooked and crumbled
2 cups Cheddar cheese, shredded
2 cups French's french fried onions

Preparation Time: 10 minutes

Cook Time: 25 minutes

Preheat the oven to 350 degrees.

Layer half of the potatoes in an eight-inch-square baking dish. Sprinkle with half of the bacon, one cup of cheese and one cup of fried onions. Top with the remaining potatoes.

Bake for 20 minutes or until hot.

Top with the remaining bacon, cheese and fried onions.

Bake for 5 minutes or until the cheese is melted.

Per Serving (excluding unknown items): 113 Calories; 9g Fat (75.4% calories from fat); 7g Protein; trace Carbohydrate; 0g Dietary Fiber; 25mg Cholesterol; 218mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	trace
% Calories from Fat:	75.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	4mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
	25mg	% Daily Value*	0 0%

Cholesterol (mg):
Carbohydrate (g): trace
Dietary Fiber (g): 0g
Protein (g): 7g
Sodium (mg): 218mg
Potassium (mg): 49mg
Calcium (mg): 137mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 200IU
Vitamin A (r.e.): 60RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 113 Calories from Fat: 85

% Daily Values*

Total Fat	9g	14%
Saturated Fat	5g	25%
Cholesterol	25mg	8%
Sodium	218mg	9%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	7g	

Vitamin A	4%
Vitamin C	4%
Calcium	14%
Iron	1%

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