

Potatoes Pocatello

JoAnn Balcbak

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

8 to 10 potatoes, boiled and cooled
 1 (16 ounce) processed cheese loaf
 1 medium onion, chopped
 1 jar (2 ounce) drained and chopped
 2 slices bread, cubed
 2 to 3 tablespoons parsley
 garlic salt (to taste)
 3/4 cup margarine, melted

Preheat the oven to 350 degrees.

Cube the potatoes, leaving the skins on. Arrange in the bottom of a greased 13x9x2-inch baking dish.

Cube the cheese and arrange over the potatoes. Scatter the onions, then the pimientos, then the bread cubes over the cheese layer. Sprinkle with parsley and garlic salt. Drizzle margarine over all. Cover the baking dish with foil.

Bake for 35 to 45 minutes, until the cheese is melted and the top is browned. (Remove the foil for the final 15 minutes of baking time.)

Per Serving (excluding unknown items): 276 Calories; 18g Fat (55.9% calories from fat); 4g Protein; 27g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 250mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	276	Vitamin B6 (mg):	.3mg
% Calories from Fat:	55.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	38.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	18g	Folacin (mcg):	43mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	trace	% Refuse:	0 0%

Carbohydrate (g):	27g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	250mg
Potassium (mg):	784mg
Calcium (mg):	45mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	45mg
Vitamin A (i.u.):	1537IU
Vitamin A (r.e.):	247 1/2RE

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 276 **Calories from Fat:** 154

% Daily Values*

Total Fat 18g	27%
Saturated Fat 3g	15%
Cholesterol trace	0%
Sodium 250mg	10%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	11%
Protein 4g	

Vitamin A	31%
Vitamin C	75%
Calcium	5%
Iron	11%

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