

Baby Reds with U.S. Cheddar & Tomatoes

This delicious side, with the classic flavors of tomato and U.S. cheddar, pairs well with beef or lamb!



INGREDIENTS

(Makes 8 sides)

Baby Red Potatoes, small	24
Olive Oil	20ml
Garlic, minced	12g
Mayonnaise	120g
Roma Tomatoes	3
U.S. White Cheddar, shredded	720g
Salt & Pepper	To taste

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)		Servings Per Container	
Amount Per Serving			
Calories 160	Calories from Fat 70		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 140mg			6%
Total Carbohydrate 16g			5%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 6g			
Vitamin A 4%		Vitamin C 15%	
Calcium 10%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Per 100g

Calories	212kcal
Total Fat	12g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	31mg
Total Carbohydrates	16g
Dietary Fiber	1g
Sugars	2g
Protein	9g
Calcium	122mg
Magnesium	17mg
Phosphorus	113mg
Potassium	147mg
Sodium	685mg
Iron	1mg
Vitamin A	244IU
Vitamin C	2mg

PREPARATION

1. Pre-heat oven to 170°C (340°F).
2. Clean potatoes and place in a pot with enough cold water to cover them. Bring to a boil and cook until just tender, about 15 minutes.
3. In a small bowl mix together the olive oil, garlic and mayonnaise and set aside.
4. Core tomatoes and cut into 24 wedges.
5. Drain water and place potatoes on a baking sheet pan.
6. When able to touch, slit with a cross pattern on top and gently push down on each to open slightly.
7. Place a dollop of the mayonnaise mixture in each potato.
8. Top each with half of the white cheddar cheese, a tomato wedge and the rest of the cheese.
9. Salt & pepper and bake for 10-15 minutes until the cheese is melted. Serve three for each portion.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.