



Absolute Best Potato Casserole

READY IN



90 min.

SERVINGS



10

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 16 ounce cauliflower frozen
- 1 pound finely-chopped ham cooked chopped
- 0.3 cup oatmeal cornflakes crushed
- 6 tablespoons flour all-purpose
- 0.5 teaspoon garlic powder
- 2.5 cups milk
- 1 small onion finely chopped
- 0.3 teaspoon pepper

- 6 large baking potatoes sliced into 1/4 inch slices
- 0.3 teaspoon salt
- 0.8 cup cheddar cheese shredded
- 0.8 cup swiss cheese shredded

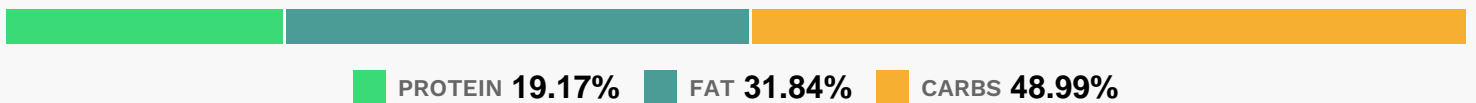
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.
- To prepare the cheese sauce, melt butter in a medium saucepan over medium heat.
- Whisk in flour, garlic powder, salt, and pepper.
- Mix in milk, and stir constantly until thickened.
- Mix in Cheddar cheese and Swiss cheese, and continue to stir until smooth. Reduce heat to low.
- Layer potatoes in the bottom of the prepared baking dish.
- Layer onion and ham over potatoes. Top with cauliflower. Cover with the cheese sauce.
- Bake covered 1 hour in the preheated oven.
- Remove cover, sprinkle with crushed cornflakes, and continue baking 10 minutes, until vegetables are tender and surface is bubbly and lightly browned. Allow to cool about 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.78, Glycemic Load:35.71, Inflammation Score:-7, Nutrition Score:24.393478569777%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 438.45kcal (21.92%), Fat: 15.78g (24.28%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 50.39g (18.32%), Sugar: 6.08g (6.75%), Cholesterol: 68.64mg (22.88%), Sodium: 780.38mg (33.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.76%), Vitamin C: 46.81mg (56.74%), Vitamin B6: 1.13mg (56.56%), Phosphorus: 436.08mg (43.61%), Vitamin B1: 0.6mg (40.06%), Potassium: 1318.9mg (37.68%), Vitamin B3: 5.54mg (27.72%), Vitamin B2: 0.47mg (27.68%), Vitamin B12: 1.61µg (26.81%), Selenium: 18.28µg (26.12%), Calcium: 252.84mg (25.28%), Manganese: 0.5mg (25.03%), Iron: 4.45mg (24.73%), Folate: 91.65µg (22.91%), Magnesium: 83.85mg (20.96%), Zinc: 2.8mg (18.69%), Vitamin B5: 1.71mg (17.12%), Fiber: 4.25g (16.99%), Copper: 0.33mg (16.35%), Vitamin K: 12.04µg (11.46%), Vitamin A: 501.05IU (10.02%), Vitamin D: 0.93µg (6.23%), Vitamin E: 0.35mg (2.3%)