



Au Gratin Mexicali

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- 0.5 cup mexican cheese blend shredded
- 0.5 cup salsa chunky-style
- 4 ounce au gratin homestyle casserole idahoan®
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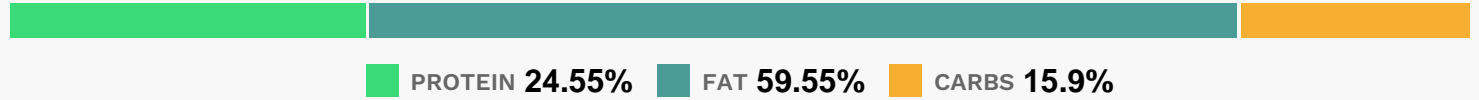
Equipment

- oven

Directions

- Prepare potatoes according to directions and add salsa.
- Add shredded cheese five minutes before end of bake time.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.623043484014%

Nutrients (% of daily need)

Calories: 59.54kcal (2.98%), Fat: 4.05g (6.23%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.41g (1.57%), Cholesterol: 13.3mg (4.43%), Sodium: 298.18mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Calcium: 101.36mg (10.14%), Phosphorus: 71.72mg (7.17%), Vitamin A: 248.26IU (4.97%), Selenium: 2.39µg (3.42%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.49mg (3.24%), Vitamin B2: 0.05mg (3.23%), Vitamin E: 0.43mg (2.88%), Vitamin B12: 0.17µg (2.87%), Potassium: 95.75mg (2.74%), Fiber: 0.58g (2.34%), Magnesium: 8.38mg (2.09%), Manganese: 0.04mg (1.99%), Vitamin B3: 0.38mg (1.9%), Vitamin K: 1.72µg (1.63%), Copper: 0.02mg (1.23%), Iron: 0.22mg (1.22%), Vitamin B5: 0.1mg (1.01%)