



Bacon Swiss Potato Cauliflower Casserole

READY IN



80 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 2 tablespoons butter
- ☐ 1 head cauliflower cut into florets
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 onion finely chopped
- ☐ 2 large potatoes peeled chopped to taste

☐ 1 cup mozzarella cheese shredded divided

☐ 1 cup swiss cheese shredded divided

Equipment

☐ frying pan

☐ paper towels

☐ oven

☐ whisk

☐ pot

☐ casserole dish

Directions

☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch casserole dish.

☐ Place potatoes and cauliflower into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender but firm, about 20 minutes.

☐ Drain and transfer potatoes and cauliflower to the prepared casserole dish.

☐ Heat olive oil in a skillet over medium heat; cook and stir onion in the hot oil until transparent, 5 to 10 minutes.

☐ Transfer cooked onion to the potato mixture.

☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.

☐ Drain the bacon slices on paper towels and crumble over potato mixture, reserving bacon grease in skillet.

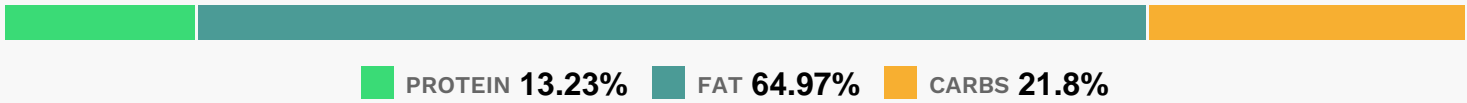
☐ Melt butter into bacon grease in skillet over medium-low heat; whisk flour into butter-bacon grease mixture. Gradually stir cream into flour mixture until smooth; add milk if cream sauce is too thick.

☐ Whisk half the Swiss cheese, half the mozzarella cheese, garlic powder, salt, and pepper into cream sauce until cheeses are melted.

☐ Pour cream sauce over potato mixture and toss to coat; top with remaining Swiss cheese and mozzarella cheese.

Bake in the preheated oven until casserole is bubbling and cheese is lightly browned, about30 minutes.

Nutrition Facts



Properties

Glycemic Index:59.79, Glycemic Load:19.11, Inflammation Score:-8, Nutrition Score:21.956087029499%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 590.58kcal (29.53%), Fat: 43.29g (66.6%), Saturated Fat: 22.45g (140.3%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 27.73g (10.08%), Sugar: 4.55g (5.06%), Cholesterol: 111.29mg (37.1%), Sodium: 478.18mg (20.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Vitamin C: 71.35mg (86.48%), Phosphorus: 369.17mg (36.92%), Vitamin B6: 0.69mg (34.72%), Calcium: 323.01mg (32.3%), Selenium: 19.81µg (28.3%), Potassium: 969.67mg (27.7%), Folate: 87.81µg (21.95%), Vitamin B12: 1.23µg (20.49%), Vitamin B1: 0.3mg (20.16%), Manganese: 0.4mg (20.14%), Vitamin A: 992.48IU (19.85%), Fiber: 4.95g (19.8%), Vitamin B2: 0.33mg (19.58%), Vitamin K: 19.68µg (18.74%), Vitamin B3: 3.6mg (17.99%), Zinc: 2.55mg (17%), Magnesium: 62.04mg (15.51%), Vitamin B5: 1.46mg (14.56%), Copper: 0.21mg (10.7%), Iron: 1.89mg (10.52%), Vitamin E: 0.88mg (5.84%), Vitamin D: 0.86µg (5.74%)