



Broccoli Cheese New Potato Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- 10.8 ounce campbell's® condensed broccoli cheese soup fat free 98% canned (Regular or)
- 1.5 pounds new potatoes quartered
- 2 medium onions cut into wedges
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper sauce hot
- 0.5 cup cup heavy whipping cream sour

Equipment

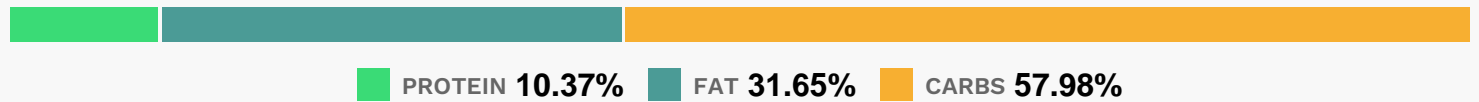
- bowl

- oven
- baking pan

Directions

- Stir the soup, sour cream and hot pepper sauce in a large bowl.
- Add the potatoes and onions and toss to coat.
- Arrange the potato mixture in a 2-quart shallow baking dish.
- Sprinkle with the Parmesan cheese.
- Bake at 375 degrees F for 50 minutes or until the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:11.44, Inflammation Score:-4, Nutrition Score:6.2321738487352%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 148.98kcal (7.45%), Fat: 5.3g (8.16%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 19.22g (6.99%), Sugar: 2.94g (3.26%), Cholesterol: 12.72mg (4.24%), Sodium: 268.27mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin C: 19.01mg (23.05%), Potassium: 594.29mg (16.98%), Vitamin B6: 0.29mg (14.63%), Fiber: 2.64g (10.57%), Phosphorus: 87.2mg (8.72%), Manganese: 0.17mg (8.49%), Calcium: 70.87mg (7.09%), Magnesium: 24.85mg (6.21%), Vitamin B1: 0.08mg (5.63%), Vitamin A: 272.56IU (5.45%), Copper: 0.11mg (5.32%), Folate: 19.89µg (4.97%), Vitamin B3: 0.94mg (4.72%), Iron: 0.75mg (4.14%), Vitamin B2: 0.07mg (4.1%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.48mg (3.18%), Selenium: 2.02µg (2.88%), Vitamin K: 2µg (1.9%), Vitamin B12: 0.07µg (1.21%)