



## California Creamy Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



212 kcal

SIDE DISH

### Ingredients

- 1.5 cups knudsen cream sour
- 10 oz condensed cream of potato soup canned
- 2 Tbsp chives fresh chopped
- 2 cloves garlic minced
- 2.5 lb potatoes red very thinly sliced ( 8)
- 1 cup cracker barrel vermont sharp-white cheddar cheese shredded

### Equipment

- bowl

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Mix first 3 ingredients in large bowl.
- Add potatoes; toss to coat. Spoon into 13x9-inch baking dish sprayed with cooking spray; top with cheese.
- Bake 55 min. or until potatoes are tender.
- Sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:10.2, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:8.1547825880673%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 211.59kcal (10.58%), Fat: 11.23g (17.28%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 20.65g (7.51%), Sugar: 3.17g (3.53%), Cholesterol: 33.07mg (11.02%), Sodium: 276.64mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Potassium: 602.87mg (17.22%), Phosphorus: 158.9mg (15.89%), Calcium: 132.25mg (13.22%), Manganese: 0.26mg (13.11%), Vitamin C: 10.6mg (12.85%), Vitamin B6: 0.23mg (11.57%), Copper: 0.22mg (11.07%), Vitamin B2: 0.15mg (8.97%), Fiber: 2.07g (8.28%), Selenium: 5.67µg (8.1%), Magnesium: 32.13mg (8.03%), Vitamin A: 381.55IU (7.63%), Vitamin B1: 0.11mg (7.44%), Vitamin B3: 1.47mg (7.35%), Zinc: 1.05mg (7.03%), Vitamin B5: 0.68mg (6.83%), Folate: 26.07µg (6.52%), Iron: 1mg (5.54%), Vitamin K: 5.68µg (5.41%), Vitamin B12: 0.2µg (3.39%), Vitamin E: 0.25mg (1.66%)