



Cheddar-Mashed Potato Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 2 Tbsp butter
- 0.5 cup knudsen cream sour
- 1 cup sharp cheddar cheese shredded with a touch of philadelphia kraft
- 2 lb yukon gold potatoes peeled quartered (6)

Equipment

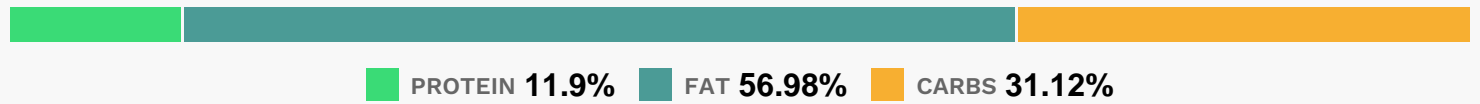
- frying pan
- sauce pan

oven

Directions

- Cook potatoes in boiling water in large saucepan 20 min. or until tender; drain. Return to pan.
- Heat oven to 350F.
- Add butter and sour cream to potatoes; mash until smooth. Spoon half into 1-1/2-qt. casserole sprayed with cooking spray; cover with layers of cheese, remaining potato mixture and bacon.
- Bake 30 to 35 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:11.68, Inflammation Score:-3, Nutrition Score:7.1430435102919%

Flavonoids

Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 214.13kcal (10.71%), Fat: 13.7g (21.07%), Saturated Fat: 6.57g (41.06%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 14.83g (5.39%), Sugar: 1.14g (1.27%), Cholesterol: 32.9mg (10.97%), Sodium: 188.56mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Vitamin C: 17.98mg (21.79%), Vitamin B6: 0.32mg (15.77%), Phosphorus: 131.89mg (13.19%), Potassium: 431.82mg (12.34%), Calcium: 103.73mg (10.37%), Selenium: 6.58µg (9.4%), Fiber: 2g (7.98%), Vitamin B1: 0.11mg (7.65%), Vitamin B3: 1.5mg (7.52%), Manganese: 0.14mg (7.13%), Magnesium: 26.71mg (6.68%), Vitamin B2: 0.11mg (6.46%), Zinc: 0.87mg (5.83%), Copper: 0.11mg (5.47%), Vitamin A: 262.54IU (5.25%), Folate: 17.66µg (4.42%), Iron: 0.79mg (4.38%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.21µg (3.58%), Vitamin K: 2.37µg (2.25%), Vitamin E: 0.26mg (1.73%)