



Cheddar-Mashed Potato Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup double cheddar cheese shredded kraft
- ☐ 2 tablespoons non-hydrogenated margarine
- ☐ 2 tablespoons oscar mayer real bacon bits
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 pounds yukon gold potatoes peeled quartered

Equipment

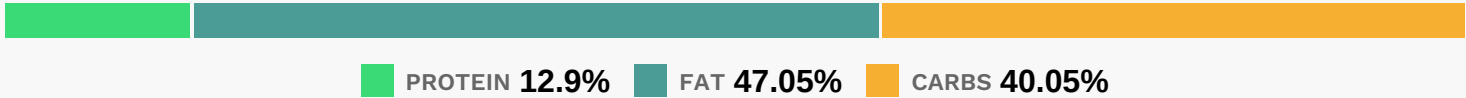
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Cook potatoes in boiling water in large saucepan 20 min. or until tender; drain. Return to pan.
- ☐ Heat oven to 350 degrees F.
- ☐ Add margarine and sour cream to potatoes; mash until smooth. Spoon half into 1.5-L casserole dish; cover with layers of cheese, remaining potato mixture and bacon.
- ☐ Bake 30 to 35 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:19.46, Inflammation Score:-5, Nutrition Score:10.583912984185%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 273.1kcal (13.65%), Fat: 14.51g (22.33%), Saturated Fat: 6.7g (41.9%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 24.48g (8.9%), Sugar: 1.9g (2.11%), Cholesterol: 33.48mg (11.16%), Sodium: 252.19mg (10.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.91%), Vitamin C: 29.97mg (36.32%), Vitamin B6: 0.47mg (23.37%), Potassium: 676.96mg (19.34%), Phosphorus: 188.08mg (18.81%), Calcium: 172.05mg (17.21%), Fiber: 3.33g (13.31%), Manganese: 0.24mg (11.77%), Magnesium: 41.92mg (10.48%), Vitamin B2: 0.17mg (9.73%), Vitamin A: 478.07IU (9.56%), Selenium: 6.49µg (9.28%), Vitamin B1: 0.13mg (8.71%), Copper: 0.17mg (8.65%), Vitamin B3: 1.62mg (8.11%), Zinc: 1.19mg (7.95%), Folate: 29.34µg (7.34%), Iron: 1.22mg (6.79%), Vitamin B5: 0.59mg (5.94%), Vitamin B12: 0.24µg (4.08%), Vitamin K: 3.61µg (3.44%), Vitamin E: 0.37mg (2.49%)