



Cheddar Potato Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounces condensed cream of cheddar cheese soup canned
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 dash pepper black generous
- ☐ 3 cups potatoes prepared mashed
- ☐ 0.3 cup yogurt plain sour

Equipment

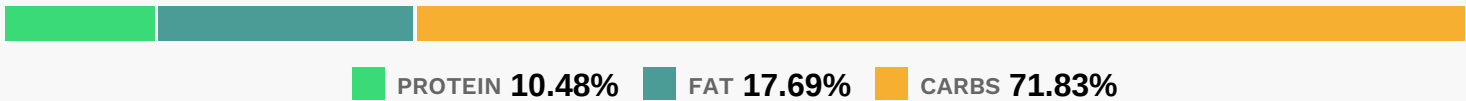
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir the potatoes, soup, sour cream, black pepper and onion in a medium bowl. Spoon the potato mixture into a 1 1/2-quart baking dish.
- ☐ Bake at 350°F. for 30 minutes or until the potato mixture is hot.
- ☐ Tip: To make 3 cups mashed potatoes, place 2 pounds potatoes, peeled and cut into 1-inch pieces, into a 3-quart saucepan.
- ☐ Add water to cover and heat over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the potatoes are tender.
- ☐ Drain. Mash the potatoes with 3/4 cup milk and 2 tablespoons butter.

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:10.19, Inflammation Score:-3, Nutrition Score:4.8413042727372%

Flavonoids

Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 98.23kcal (4.91%), Fat: 1.94g (2.99%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 15.65g (5.69%), Sugar: 1.74g (1.93%), Cholesterol: 2.85mg (0.95%), Sodium: 209.28mg (9.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin C: 15.85mg (19.21%), Potassium: 523.85mg (14.97%), Vitamin B6: 0.24mg (11.83%), Fiber: 2.08g (8.32%), Manganese: 0.12mg (6.24%), Phosphorus: 55.16mg (5.52%), Magnesium: 19.66mg (4.91%), Vitamin B1: 0.07mg (4.45%), Vitamin K: 4.64µg (4.42%), Copper: 0.09mg (4.37%), Vitamin B3: 0.85mg (4.23%), Vitamin A: 180.23IU (3.6%), Folate: 14.28µg (3.57%), Iron: 0.64mg (3.57%), Calcium: 35.13mg (3.51%), Vitamin B5: 0.27mg (2.74%), Vitamin B2: 0.04mg (2.41%), Zinc: 0.29mg (1.96%)