



Cheesy Potato Casserole



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



5

CALORIES



481 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup mayonnaise for vegans



10 potatoes



1 Dash sea salt



1 package daiya vegan mozzarella "cheese" chopped

Equipment



bowl

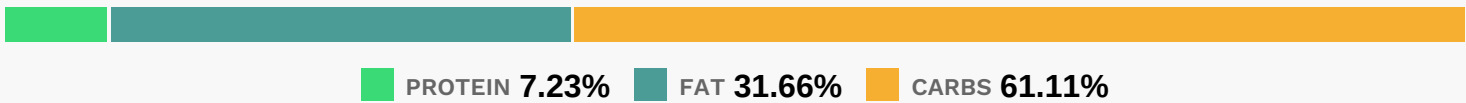


oven

Directions

- ☐ Boil potatoes. When cooked, drain and mash potatoes.
- ☐ Place in oven proof bowl.
- ☐ Add 1/2 cup mayonnaise or vegenaïse.
- ☐ Add chopped soy cheese.
- ☐ Sprinkle with sea salt to taste.
- ☐ Bake at 350 degrees for 30 minutes or until browning starts.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:54.54, Inflammation Score:-7, Nutrition Score:22.819130212069%

Flavonoids

Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 480.98kcal (24.05%), Fat: 17.18g (26.43%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 74.6g (24.87%), Net Carbohydrates: 65.22g (23.72%), Sugar: 3.45g (3.83%), Cholesterol: 9.41mg (3.14%), Sodium: 177.55mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.65%), Vitamin C: 83.92mg (101.72%), Vitamin B6: 1.26mg (62.92%), Potassium: 1797.94mg (51.37%), Vitamin K: 44.61µg (42.48%), Fiber: 9.38g (37.52%), Manganese: 0.65mg (32.67%), Phosphorus: 247.52mg (24.75%), Magnesium: 98.2mg (24.55%), Copper: 0.46mg (23.22%), Vitamin B1: 0.34mg (22.87%), Vitamin B3: 4.49mg (22.45%), Iron: 3.37mg (18.74%), Folate: 69.28µg (17.32%), Vitamin B5: 1.3mg (12.99%), Zinc: 1.27mg (8.46%), Vitamin B2: 0.14mg (8.27%), Calcium: 53.06mg (5.31%), Vitamin E: 0.78mg (5.18%), Selenium: 1.79µg (2.56%)