

Cheesy Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 small onion finely chopped
- ☐ 4 large potatoes peeled sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 1.5 cups cheddar cheese shredded

Equipment

- ☐ oven
- ☐ casserole dish

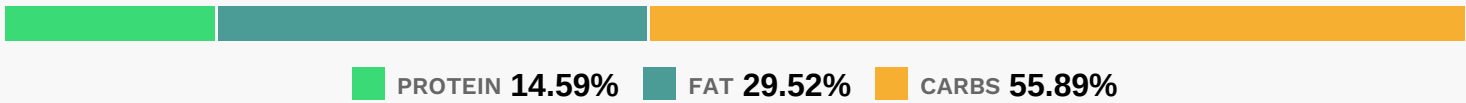
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microwave

Directions

- ☐ Layer the potatoes, onion, cheese, salt and pepper into a microwave safe casserole dish. Once finished layering, place 1 teaspoon of margarine on the top of the uppermost layer. Cover and cook in the microwave oven on HIGH for 10 minutes.
- ☐ Remove the dish from the microwave and stir before cooking for another 10 minutes or until done. Stir well and serve.

Nutrition Facts



Properties

Glycemic Index:34.44, Glycemic Load:47.83, Inflammation Score:-7, Nutrition Score:23.876087188721%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 473.01kcal (23.65%), Fat: 15.76g (24.25%), Saturated Fat: 8.45g (52.8%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 58.73g (21.36%), Sugar: 3.76g (4.18%), Cholesterol: 42.38mg (14.13%), Sodium: 505.55mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Vitamin C: 73.99mg (89.69%), Vitamin B6: 1.14mg (56.95%), Potassium: 1612.23mg (46.06%), Phosphorus: 409.77mg (40.98%), Calcium: 348.39mg (34.84%), Fiber: 8.42g (33.66%), Manganese: 0.59mg (29.59%), Magnesium: 98.1mg (24.53%), Vitamin B1: 0.32mg (21.04%), Copper: 0.42mg (20.97%), Vitamin B3: 3.93mg (19.66%), Selenium: 13.19µg (18.84%), Vitamin B2: 0.31mg (18.24%), Folate: 71.28µg (17.82%), Zinc: 2.66mg (17.7%), Iron: 2.98mg (16.58%), Vitamin B5: 1.29mg (12.9%), Vitamin A: 477.04IU (9.54%), Vitamin K: 8.1µg (7.71%), Vitamin B12: 0.45µg (7.51%), Vitamin E: 0.4mg (2.65%), Vitamin D: 0.25µg (1.69%)