



Cheesy Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



142 kcal

SIDE DISH

Ingredients

- 9.2 oz potatoes
- 3 cups water boiling
- 1.5 cups cream sour
- 1 cup milk
- 0.3 cup butter
- 0.5 cup bell pepper red chopped
- 0.5 cup spring onion sliced
- 0.5 cup cheddar cheese shredded

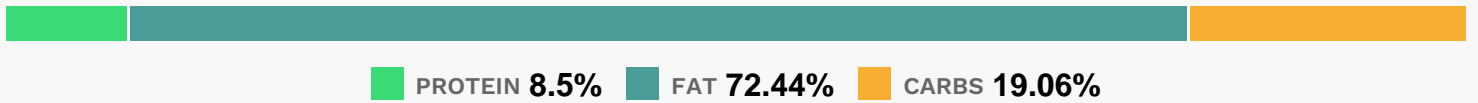
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F if using julienne potatoes or 400° if using au gratin potatoes. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In large bowl, mix Potatoes, Sauce
- Mix (from both potato mixes) and boiling water. Stir in sour cream, milk, margarine, bell pepper and 1/4 cup of the onions.
- Pour into baking dish.
- Bake uncovered 35 minutes.
- Sprinkle with remaining onions and the cheese.
- Bake 5 to 10 minutes longer or until bubbly around edges and potatoes are tender.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:3.31, Inflammation Score:-5, Nutrition Score:4.905217445415%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 142.02kcal (7.1%), Fat: 11.68g (17.97%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.2g (2.25%), Sugar: 2.5g (2.78%), Cholesterol: 24.11mg (8.04%), Sodium: 97.2mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin C: 13.28mg (16.1%), Vitamin A: 664.75IU (13.3%), Calcium: 96.57mg (9.66%), Vitamin K: 9.95µg (9.47%), Phosphorus: 80.58mg (8.06%), Vitamin B2: 0.11mg (6.73%), Vitamin B6: 0.11mg (5.63%), Potassium: 188.15mg (5.38%), Selenium: 2.88µg (4.11%), Vitamin B12: 0.22µg (3.75%), Magnesium: 13.9mg (3.47%), Zinc: 0.45mg (3.01%), Folate: 11.76µg (2.94%), Fiber: 0.72g (2.87%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.28mg (2.83%), Vitamin B1: 0.04mg (2.8%), Manganese: 0.05mg (2.57%), Copper: 0.04mg (2.22%), Vitamin B3: 0.36mg (1.82%), Vitamin D: 0.25µg (1.68%), Iron: 0.29mg (1.59%)