



WHATSheATE



Cheesy-Topped Mashed Potato Casserole

READY IN



30 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup water hot
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter
- ☐ 1.3 cups potatoes mashed
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.5 cup round buttery crackers
- ☐ 1 oz cheddar cheese shredded
- ☐ 2 tablespoons butter melted

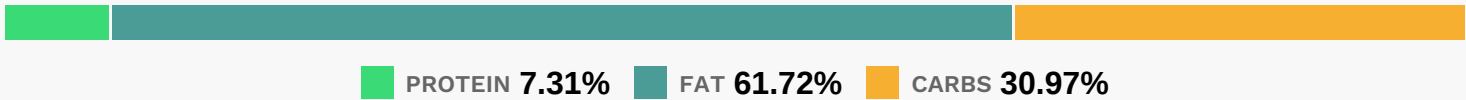
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ microwave
- ☐ spatula

Directions

- ☐ Heat oven to 375°F. In ungreased 1-quart casserole, mix hot water, milk, 2 tablespoons butter and the mashed potato mix. Cover with plastic wrap, turning back one side to vent steam. Microwave on High 2 to 4 minutes or until moistened.
- ☐ Whip potatoes with fork until fluffy; stir in chives. Smooth top of potato mixture with rubber spatula.
- ☐ Crush crackers. In small bowl, mix crushed crackers, cheese and 2 tablespoons melted butter; sprinkle over top of potatoes.
- ☐ Bake 10 to 15 minutes or until potatoes are hot and topping is crisp.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:9.28, Inflammation Score:-5, Nutrition Score:6.6160869857539%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 229.75kcal (11.49%), Fat: 15.98g (24.58%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 16.3g (5.93%), Sugar: 1.93g (2.14%), Cholesterol: 8.92mg (2.97%), Sodium: 257.5mg (11.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin C: 14.25mg (17.28%), Vitamin A: 630.55IU (12.61%), Vitamin B6: 0.23mg (11.37%), Phosphorus: 111.89mg (11.19%), Potassium: 340.06mg (9.72%),

Calcium: 95.48mg (9.55%), Manganese: 0.15mg (7.59%), Fiber: 1.73g (6.93%), Vitamin B1: 0.1mg (6.78%), Vitamin K: 6.89µg (6.57%), Vitamin B2: 0.1mg (5.92%), Vitamin B3: 1.13mg (5.66%), Magnesium: 22.6mg (5.65%), Vitamin E: 0.77mg (5.1%), Iron: 0.9mg (5.03%), Copper: 0.1mg (4.9%), Folate: 19.02µg (4.75%), Selenium: 2.86µg (4.08%), Zinc: 0.58mg (3.88%), Vitamin B5: 0.34mg (3.35%), Vitamin B12: 0.17µg (2.86%), Vitamin D: 0.21µg (1.4%)