



Company Potato Casserole

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 cups potatoes cubed cooked peeled
- 1.5 cups cream sour
- 1.3 cups swiss cheese shredded divided
- 0.5 cup carrots shredded
- 0.3 cup onion chopped
- 2 tablespoons parsley fresh minced
- 1 teaspoon salt
- 0.5 teaspoon optional: dill

- 0.3 teaspoon pepper
- 0.3 teaspoon paprika

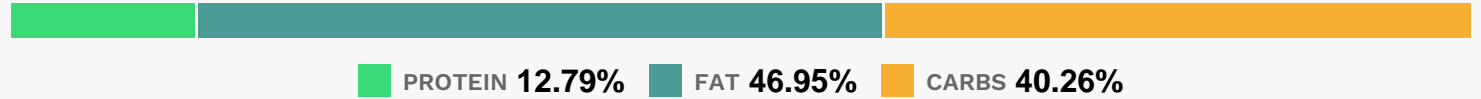
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine the potatoes, sour cream, 1 cup of cheese, carrot, onion, parsley, salt, dill and pepper.
- Transfer to a greased 8-in. square baking dish.
- Sprinkle with paprika and remaining cheese.
- Bake, uncovered, at 350° for 25–35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:17.23, Inflammation Score:-8, Nutrition Score:12.883912967599%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 258.74kcal (12.94%), Fat: 13.76g (21.17%), Saturated Fat: 7.47g (46.68%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 23.27g (8.46%), Sugar: 3.1g (3.45%), Cholesterol: 41.14mg (13.71%), Sodium: 349.49mg (15.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.87%), Vitamin A: 1863.78IU (37.28%), Vitamin C: 28.42mg (34.45%), Vitamin B6: 0.44mg (21.81%), Calcium: 215.28mg (21.53%), Phosphorus: 209.58mg (20.96%), Vitamin K: 21.01µg (20.01%), Potassium: 659.25mg (18.84%), Fiber: 3.27g (13.07%), Manganese: 0.24mg (11.78%),

Magnesium: 42.26mg (10.56%), Vitamin B2: 0.17mg (10.2%), Selenium: 7.11µg (10.16%), Vitamin B12: 0.6µg (10%),
Zinc: 1.3mg (8.69%), Copper: 0.17mg (8.3%), Vitamin B1: 0.12mg (8.28%), Vitamin B3: 1.54mg (7.69%), Folate: 29.15µg
(7.29%), Iron: 1.19mg (6.64%), Vitamin B5: 0.64mg (6.4%), Vitamin E: 0.36mg (2.39%)