



 **20%**
HEALTH SCORE

Cottage Cheese Potatoes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups curd cottage cheese
- 1 small onion chopped
- 5 potatoes cubed peeled
- 1 cup cheddar cheese shredded
- 1 cup cream sour

Equipment

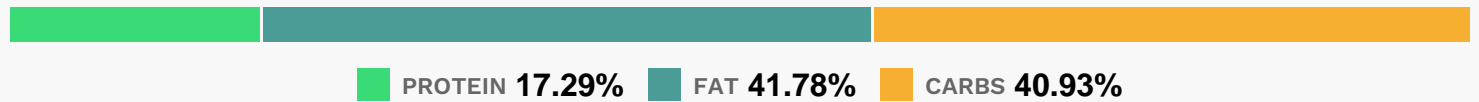
- oven
- mixing bowl

- pot
- casserole dish

Directions

- Place potatoes in a large pot of water and boil until tender when pierced with a fork.
- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x3 inch casserole dish.
- In a large mixing bowl, combine potatoes, onion, cottage cheese, and sour cream.
- Transfer mixture to the prepared casserole dish. Top with Cheddar cheese.
- Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32.95, Glycemic Load:28.3, Inflammation Score:-7, Nutrition Score:17.473478094391%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 419.34kcal (20.97%), Fat: 19.73g (30.35%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 38.57g (14.02%), Sugar: 5.71g (6.34%), Cholesterol: 61.27mg (20.42%), Sodium: 388.97mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Vitamin C: 43.41mg (52.62%), Phosphorus: 371.74mg (37.17%), Vitamin B6: 0.71mg (35.54%), Potassium: 1062.58mg (30.36%), Calcium: 291.3mg (29.13%), Selenium: 15.38µg (21.98%), Vitamin B2: 0.36mg (21.14%), Fiber: 4.92g (19.7%), Manganese: 0.35mg (17.63%), Magnesium: 66.52mg (16.63%), Vitamin B1: 0.21mg (14.06%), Copper: 0.27mg (13.55%), Folate: 52.38µg (13.1%), Vitamin B5: 1.27mg (12.73%), Zinc: 1.89mg (12.63%), Vitamin A: 612.49IU (12.25%), Vitamin B3: 2.38mg (11.91%), Vitamin B12: 0.63µg (10.46%), Iron: 1.81mg (10.04%), Vitamin K: 5.34µg (5.08%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.2µg (1.36%)