



Crunchy Onion Potato Bake

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- 2 cups water
- 0.8 cup milk
- 3 tablespoons butter
- 4.7 oz roasted garlic mashed
- 11 oz corn whole drained canned
- 2 oz cheddar cheese shredded
- 0.8 cup fried onions (from 2.8 oz can)

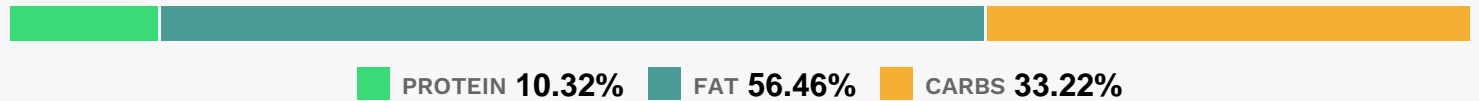
Equipment

- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. Spray 1 1/2-quart glass baking dish with cooking spray. In 2-quart saucepan, heat milk, water and butter to boiling. Stir in potatoes just until moistened; let stand 1 minute. Stir with fork until smooth. Stir in corn.
- Spoon half of potato mixture into dish.
- Sprinkle with 1/2 each of the cheese and onions. Top with remaining potatoes; sprinkle with remaining cheese and onions.
- Bake 10 to 15 minutes or until cheese is melted and onions are golden.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:2, Inflammation Score:-3, Nutrition Score:4.7839130370513%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 166.76kcal (8.34%), Fat: 10.59g (16.29%), Saturated Fat: 5.68g (35.48%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.67g (4.97%), Sugar: 1.29g (1.44%), Cholesterol: 21.12mg (7.04%), Sodium: 201.86mg (8.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Manganese: 0.3mg (15.1%), Vitamin B6: 0.23mg (11.28%), Calcium: 112.2mg (11.22%), Phosphorus: 98.29mg (9.83%), Vitamin C: 5.86mg (7.1%), Selenium: 4.86µg (6.94%), Vitamin B2: 0.09mg (5.22%), Vitamin A: 240.77IU (4.82%), Zinc: 0.67mg (4.45%), Potassium: 153.04mg (4.37%), Copper: 0.07mg (3.7%), Vitamin B1: 0.05mg (3.62%), Vitamin B12: 0.21µg (3.46%), Magnesium: 13.81mg (3.45%), Folate: 13.45µg (3.36%), Vitamin B3: 0.45mg (2.25%), Vitamin B5: 0.22mg (2.2%), Iron: 0.38mg (2.12%), Vitamin D: 0.29µg (1.96%), Fiber: 0.35g (1.4%), Vitamin E: 0.2mg (1.33%)