

Easy Cheddar Cheese Potato Bake

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 10.8 ounce condensed cheddar cheese soup canned
- ☐ 1.3 cups milk
- ☐ 5 potatoes peeled sliced

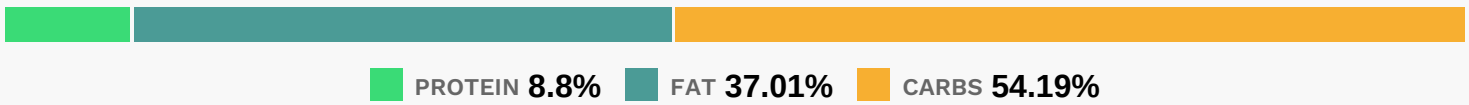
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking dish.
- ☐ Layer the potatoes into the prepared baking dish.
- ☐ Mix together the soup, milk, and melted butter in a bowl until thoroughly combined; pour the mixture over the potatoes.
- ☐ Bake uncovered in the preheated oven on a lower rack until the potatoes are tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:35.41, Inflammation Score:-7, Nutrition Score:17.030869701634%

Flavonoids

Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 414.2kcal (20.71%), Fat: 17.26g (26.55%), Saturated Fat: 10.01g (62.55%), Carbohydrates: 56.84g (18.95%), Net Carbohydrates: 50.37g (18.32%), Sugar: 6.98g (7.76%), Cholesterol: 42.7mg (14.23%), Sodium: 535.41mg (23.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.45%), Vitamin C: 52.45mg (63.58%), Potassium: 1583.07mg (45.23%), Vitamin B6: 0.83mg (41.62%), Fiber: 6.47g (25.87%), Phosphorus: 232.18mg (23.22%), Manganese: 0.41mg (20.52%), Magnesium: 70.67mg (17.67%), Vitamin B1: 0.26mg (17.09%), Vitamin A: 790.44IU (15.81%), Calcium: 153.52mg (15.35%), Vitamin B3: 2.89mg (14.46%), Copper: 0.29mg (14.42%), Iron: 2.08mg (11.55%), Vitamin B2: 0.2mg (11.49%), Vitamin B5: 1.09mg (10.88%), Folate: 43.03µg (10.76%), Zinc: 1.1mg (7.32%), Vitamin B12: 0.44µg (7.26%), Vitamin K: 6.28µg (5.98%), Vitamin D: 0.84µg (5.59%), Selenium: 2.39µg (3.41%), Vitamin E: 0.39mg (2.63%)