



Easy Loaded Baked Potato Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 1 cup evaporated milk
- ☐ 1 cup green onions divided sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 10 yukon gold potatoes peeled halved

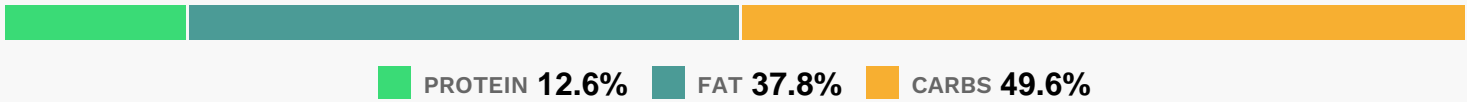
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain and return potatoes to pot.
- ☐ Meanwhile, arrange bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon on paper towels and crumble.
- ☐ Combine 1 1/2 cup Cheddar cheese, evaporated milk, sour cream, salt, and black pepper in the pot with potatoes. Mash with a potato masher until creamy.
- ☐ Spread potato mixture into prepared baking dish.
- ☐ Bake in preheated oven for 25 minutes; sprinkle with bacon, green onions, and remaining 1/2 cup Cheddar cheese. Return to oven and continue baking until cheese is melted, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:17.48, Glycemic Load:21.94, Inflammation Score:-5, Nutrition Score:13.02869564554%

Flavonoids

Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 269.24kcal (13.46%), Fat: 11.47g (17.65%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 29.84g (10.85%), Sugar: 4.5g (5%), Cholesterol: 28.45mg (9.48%), Sodium: 398.98mg (17.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.21%), Vitamin C: 35.95mg (43.58%), Vitamin B6: 0.56mg (28.21%), Potassium: 865.89mg (24.74%), Vitamin K: 24.55µg (23.38%), Phosphorus: 205.54mg (20.55%), Fiber: 4.03g (16.1%), Manganese: 0.29mg (14.71%), Calcium: 146.18mg (14.62%), Vitamin B1: 0.19mg (12.92%), Magnesium: 51.58mg (12.9%), Vitamin B3: 2.44mg (12.19%), Vitamin B2: 0.2mg (11.6%), Copper: 0.21mg (10.35%), Folate: 37.51µg (9.38%), Iron: 1.6mg (8.92%), Selenium: 5.83µg (8.33%), Vitamin B5: 0.81mg (8.08%), Zinc: 1.13mg (7.53%), Vitamin A: 297.02IU (5.94%), Vitamin B12: 0.19µg (3.17%), Vitamin E: 0.26mg (1.71%)