



## Easy Mashed Potato Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 teaspoons butter
- 1 cup spring onion sliced
- 1 cup and orange peppers yellow chopped
- 4 cups water
- 1.5 cups milk whole
- 6 tablespoons butter
- 9.4 oz roasted garlic mashed
- 6 oz cheddar cheese shredded

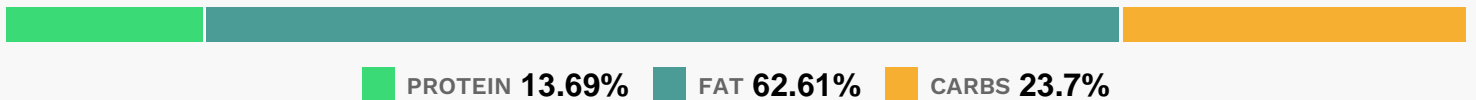
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In 10-inch nonstick skillet, melt 2 teaspoons butter over medium-high heat. Cook onions and bell pepper in butter 2 to 3 minutes, stirring occasionally.
- Remove from heat; set aside.
- In 3-quart saucepan, heat water, half-and-half and butter to boiling; remove from heat. Stir in both pouches of potatoes just until moistened.
- Let stand about 1 minute or until liquid is absorbed. Beat with fork until smooth.
- Spoon 2 cups of the potatoes into casserole; top with half of the onion mixture and 3/4 cup of the cheese. Spoon another 2 cups potatoes over cheese; carefully spread to cover.
- Sprinkle evenly with remaining onion mixture. Top with remaining potatoes; carefully spread to cover.
- Sprinkle with remaining 3/4 cup cheese.
- Bake uncovered about 30 minutes or until hot.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:2.56, Inflammation Score:-6, Nutrition Score:7.8091305027837%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 146.81kcal (7.34%), Fat: 10.55g (16.24%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.18g (2.97%), Sugar: 2.11g (2.34%), Cholesterol: 29.72mg (9.91%), Sodium: 140.75mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin C: 20.9mg (25.34%), Manganese: 0.34mg (17.19%), Calcium: 162.03mg (16.2%), Vitamin K: 16.47µg (15.69%), Vitamin B6: 0.3mg (14.79%), Vitamin A: 738.04IU (14.76%), Phosphorus: 118.19mg (11.82%), Selenium: 6.76µg (9.66%), Vitamin B2: 0.13mg (7.51%), Zinc: 0.84mg (5.61%), Potassium: 168.68mg (4.82%), Vitamin B12: 0.28µg (4.69%), Vitamin B1: 0.07mg (4.42%), Copper: 0.08mg (3.99%), Magnesium: 14.69mg (3.67%), Fiber: 0.81g (3.24%), Vitamin E: 0.48mg (3.22%), Folate: 12.79µg (3.2%), Vitamin B5: 0.31mg (3.08%), Iron: 0.5mg (2.75%), Vitamin D: 0.36µg (2.4%), Vitamin B3: 0.31mg (1.56%)