



## Easy Mashed Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

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

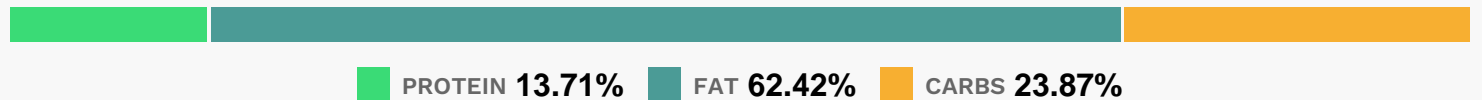
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 350F. 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:11.36, Glycemic Load:2.56, Inflammation Score:-6, Nutrition Score:7.8617391897284%

## 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: 146.95kcal (7.35%), Fat: 10.51g (16.17%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.24g (2.99%), Sugar: 2.1g (2.33%), Cholesterol: 15.29mg (5.1%), Sodium: 160.89mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin C: 20.92mg (25.36%), Manganese: 0.34mg (17.19%), Calcium: 162.44mg (16.24%), Vitamin A: 810.42IU (16.21%), Vitamin K: 16µg (15.24%), Vitamin B6: 0.3mg (14.81%), Phosphorus: 118.13mg (11.81%), Selenium: 6.69µg (9.56%), Vitamin B2: 0.13mg (7.52%), Zinc: 0.84mg (5.57%), Potassium: 169.89mg (4.85%), Vitamin B12: 0.28µg (4.61%), Vitamin B1: 0.07mg (4.44%), Copper: 0.08mg (3.99%), Magnesium: 14.76mg (3.69%), Vitamin E: 0.54mg (3.57%), Fiber: 0.81g (3.24%), Folate: 12.66µg (3.16%), Vitamin B5: 0.31mg (3.06%), Iron: 0.49mg (2.75%), Vitamin D: 0.36µg (2.4%), Vitamin B3: 0.31mg (1.55%)