



Easy Pierogi Casserole

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cheddar cheese shredded divided kraft
- 0.5 cup alouette garlic & herbs spreadable cheese
- 6 spring onion thinly sliced
- 9 lasagne pasta sheets uncooked
- 4 cups potatoes hot mashed

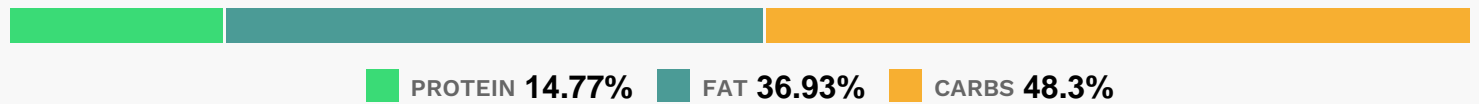
Equipment

- oven
- baking pan

Directions

- Heat oven to 375 degrees F.
- Cook noodles as directed on package, omitting salt. Meanwhile, combine mashed potatoes, cream cheese spread, onions, 1/2 cup bacon and 1 cup Cheddar.
- Place 3 noodles in 13x9-inch baking dish sprayed with cooking spray; cover with 1/3 of the potato mixture. Repeat layers twice. Top with remaining bacon and Cheddar; cover.
- Bake 30 min. or until heated through. Uncover; bake 3 to 5 min. or until Cheddar is lightly browned.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:15.47, Inflammation Score:-4, Nutrition Score:8.9652173674625%

Flavonoids

Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 243.32kcal (12.17%), Fat: 10.07g (15.49%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 27.26g (9.91%), Sugar: 1.31g (1.45%), Cholesterol: 29.07mg (9.69%), Sodium: 180.77mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Selenium: 18.85µg (26.93%), Vitamin C: 14.92mg (18.08%), Phosphorus: 168.07mg (16.81%), Manganese: 0.31mg (15.56%), Calcium: 150.28mg (15.03%), Vitamin K: 14.22µg (13.55%), Vitamin B6: 0.25mg (12.65%), Potassium: 372.59mg (10.65%), Fiber: 2.37g (9.47%), Magnesium: 33.51mg (8.38%), Zinc: 1.21mg (8.09%), Copper: 0.15mg (7.37%), Vitamin B2: 0.12mg (7.23%), Folate: 22.77µg (5.69%), Vitamin B3: 1.14mg (5.68%), Vitamin B1: 0.08mg (5.58%), Iron: 0.94mg (5.21%), Vitamin A: 249.93IU (5%), Vitamin B5: 0.38mg (3.8%), Vitamin B12: 0.2µg (3.33%), Vitamin E: 0.2mg (1.36%)