



Florentine Potato Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 4 large eggs lightly beaten
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 ounces fontina shredded
- ☐ 1 garlic clove minced
- ☐ 0.3 cup ham chopped reduced-fat
- ☐ 2.5 cups milk 1% low-fat
- ☐ 2 cups mushrooms sliced

- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 teaspoon salt divided
- ☐ 10 ounce spinach frozen dry thawed drained chopped
- ☐ 2 pounds potatoes – remove skin red

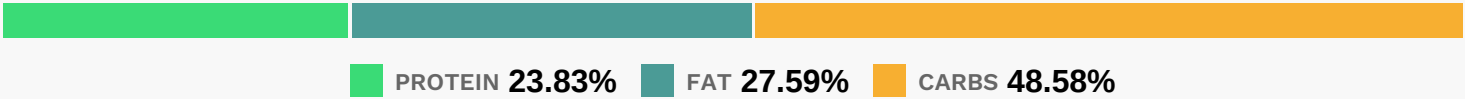
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Place potatoes in a stockpot; cover with water (to 2 inches above potatoes); bring to a boil. Cook 40 minutes or until tender.
- ☐ Drain. Cool; peel and cut into 1/4-inch-thick slices.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms; saut 5 minutes.
- ☐ Add onion and garlic, saut 3 minutes.
- ☐ Add broth; cook until evaporated. Stir in spinach, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.
- ☐ Preheat oven to 35
- ☐ Place half the potatoes in a single layer on the bottom of an 11 x 7-inch baking dish. Spoon mushroom mixture over potatoes; sprinkle with ham.
- ☐ Layer remaining potatoes over top.
- ☐ Combine 1/2 teaspoon salt, 1/4 teaspoon black pepper, milk, flour, and eggs.
- ☐ Pour over potatoes (dish will be full).
- ☐ Bake at 350 for 30 minutes.
- ☐ Sprinkle with cheeses; bake an additional 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:24.021304379339%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 217.84kcal (10.89%), Fat: 6.85g (10.55%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 23.7g (8.62%), Sugar: 6.47g (7.19%), Cholesterol: 108.71mg (36.24%), Sodium: 562.83mg (24.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.64%), Vitamin K: 135.72µg (129.26%), Vitamin A: 4519.26IU (90.39%), Phosphorus: 280.93mg (28.09%), Vitamin B2: 0.47mg (27.71%), Potassium: 907.96mg (25.94%), Selenium: 17.51µg (25.01%), Manganese: 0.48mg (24.1%), Folate: 95.17µg (23.79%), Calcium: 219.31mg (21.93%), Vitamin B6: 0.41mg (20.39%), Magnesium: 69.59mg (17.4%), Vitamin B1: 0.25mg (16.36%), Vitamin C: 13.06mg (15.83%), Copper: 0.31mg (15.74%), Vitamin B5: 1.45mg (14.46%), Vitamin B12: 0.86µg (14.34%), Vitamin B3: 2.82mg (14.12%), Fiber: 3.46g (13.82%), Iron: 2.25mg (12.52%), Zinc: 1.78mg (11.86%), Vitamin D: 1.44µg (9.59%), Vitamin E: 1.36mg (9.1%)