

Fluffy Potato Casserole

READY IN



45 min.

SERVINGS



2

CALORIES



1189 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce cream cheese softened
- 2 eggs beaten
- 1 tablespoon flour all-purpose
- 6 ounce fried onions french canned
- 0.1 teaspoon pepper black
- 1 onion chopped
- 2 cups potatoes mashed
- 0.3 teaspoon salt

Equipment

- oven
- hand mixer
- casserole dish

Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease a 1 1/2 quart casserole dish.
- Combine mashed potatoes, cream cheese, onion, eggs, flour, salt and black pepper in an electric mixer. Beat 2 to 3 minutes at medium speed.
- Pour into prepared casserole dish.
- Spread fried onions evenly over the top.
- Bake uncovered for 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:122.38, Glycemic Load:31.77, Inflammation Score:-8, Nutrition Score:21.680000077123%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 1189.03kcal (59.45%), Fat: 84.81g (130.48%), Saturated Fat: 42.06g (262.87%), Carbohydrates: 86.78g (28.93%), Net Carbohydrates: 81.09g (29.49%), Sugar: 8.41g (9.34%), Cholesterol: 278.21mg (92.74%), Sodium: 1432.59mg (62.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.53%), Vitamin C: 45.44mg (55.08%), Vitamin B6: 0.83mg (41.29%), Selenium: 25.44µg (36.35%), Vitamin A: 1766.52IU (35.33%), Phosphorus: 348.35mg (34.84%), Potassium: 1180.54mg (33.73%), Vitamin B2: 0.56mg (33.1%), Manganese: 0.46mg (22.97%), Fiber: 5.69g (22.75%), Folate: 81.82µg (20.45%), Vitamin B5: 2.03mg (20.28%), Vitamin B1: 0.27mg (17.77%),

Magnesium: 70.33mg (17.58%), Calcium: 173.78mg (17.38%), Iron: 2.84mg (15.76%), Copper: 0.31mg (15.38%),
Vitamin B3: 2.64mg (13.18%), Zinc: 1.87mg (12.44%), Vitamin B12: 0.64µg (10.68%), Vitamin E: 1.47mg (9.82%),
Vitamin K: 6.94µg (6.61%), Vitamin D: 0.88µg (5.87%)