



## Harvest Potato Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



15

CALORIES



348 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 large potatoes
- 2 bay leaves
- 0.3 cup butter melted
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 cups cream sour
- 10 ounces cream of chicken soup undiluted canned
- 2 cups cheddar cheese shredded divided

- 2 ounces pimientos diced drained
- 4 spring onion chopped
- 0.5 cup oatmeal cornflakes crushed

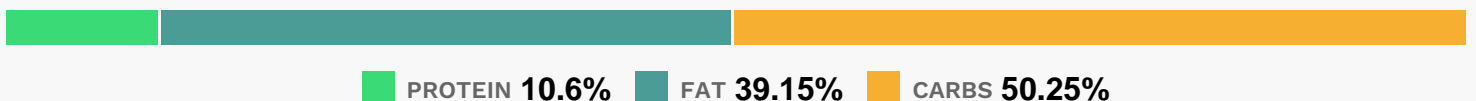
## Equipment

- bowl
- oven
- baking pan
- dutch oven

## Directions

- Place potatoes and bay leaves in a Dutch oven or large kettle; cover with water. Bring to a boil. Reduce heat; cover and simmer for 15–20 minutes or until tender.
- Remove from the heat; cool to room temperature.
- Place in the freezer (still covered by the cooking water) for 1 hour.
- Drain potatoes; peel and grate.
- Place in a greased 13x9-in. baking dish.
- Drizzle with butter.
- Sprinkle with salt and pepper; toss to coat.
- In a large bowl, combine the sour cream, soup, 1 cup cheese, pimientos and onion; spread over potatoes.
- Sprinkle with the remaining cheese; top with cornflakes (dish will be full).
- Bake, uncovered, at 350°; for 45–50 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:20.85, Glycemic Load:25.97, Inflammation Score:-7, Nutrition Score:16.882608631383%

## Flavonoids

Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## **Nutrients (% of daily need)**

Calories: 348.23kcal (17.41%), Fat: 15.46g (23.79%), Saturated Fat: 8.32g (52%), Carbohydrates: 44.66g (14.89%), Net Carbohydrates: 39.89g (14.5%), Sugar: 3.68g (4.09%), Cholesterol: 42.81mg (14.27%), Sodium: 413.02mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Vitamin C: 45.26mg (54.86%), Vitamin B6: 0.76mg (37.85%), Potassium: 918.54mg (26.24%), Iron: 4.2mg (23.31%), Phosphorus: 221.34mg (22.13%), Fiber: 4.77g (19.09%), Vitamin B2: 0.32mg (18.6%), Vitamin B1: 0.28mg (18.59%), Vitamin B3: 3.64mg (18.22%), Manganese: 0.35mg (17.31%), Folate: 67.48µg (16.87%), Calcium: 167.93mg (16.79%), Vitamin A: 749.02IU (14.98%), Magnesium: 57.29mg (14.32%), Copper: 0.27mg (13.42%), Vitamin K: 12.66µg (12.06%), Vitamin B12: 0.62µg (10.41%), Selenium: 7.07µg (10.1%), Zinc: 1.38mg (9.23%), Vitamin B5: 0.81mg (8.1%), Vitamin E: 0.5mg (3.32%), Vitamin D: 0.37µg (2.5%)