



Incredible Potato Casserole

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter melted
- 10.5 ounce cream of mushroom soup canned
- 0.5 cup oatmeal cornflakes crushed
- 0.3 cup spring onion chopped
- 6 medium potatoes
- 1.5 cups cheddar cheese shredded
- 1 pint cream sour

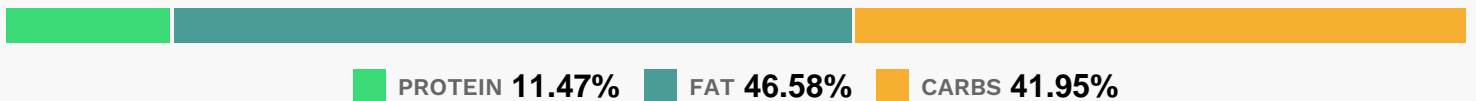
Equipment

- bowl
- frying pan
- oven
- pot
- casserole dish
- stove

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 1/2 quart casserole dish.
- Place whole potatoes in their skins into a large pot of boiling water; cook for 25 to 30 minutes.
- Remove potatoes, and discard water. When cool enough to handle, peel potatoes, and grate into a medium bowl.
- Melt 1/4 cup butter in a large skillet over medium heat. Stir in soup; cook until soup begins to bubble.
- Remove from stove, and mix in sour cream, green onion, and cheese. Stir in potatoes.
- Pour mixture into casserole dish.
- In a resealable bag, shake together the cornflake crumbs and 2 tablespoons melted butter.
- Sprinkle over top of casserole.
- Bake in a preheated oven 45 minutes.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:20.63, Inflammation Score:-8, Nutrition Score:19.597826086957%

Flavonoids

Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 428.48kcal (21.42%), Fat: 22.62g (34.8%), Saturated Fat: 12.35g (77.17%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 41.66g (15.15%), Sugar: 4.84g (5.37%), Cholesterol: 65.47mg (21.82%), Sodium: 561.26mg (24.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.07%), Vitamin C: 35.89mg (43.5%), Vitamin B6: 0.79mg (39.62%), Iron: 5.92mg (32.88%), Vitamin B2: 0.5mg (29.15%), Phosphorus: 261.3mg (26.13%), Potassium: 846.86mg (24.2%), Vitamin B3: 4.75mg (23.77%), Vitamin B1: 0.35mg (23.59%), Calcium: 234.77mg (23.48%), Folate: 91.72µg (22.93%), Manganese: 0.4mg (19.81%), Vitamin A: 977.08IU (19.54%), Vitamin B12: 1.15µg (19.23%), Fiber: 4.19g (16.74%), Copper: 0.3mg (14.87%), Magnesium: 57.65mg (14.41%), Selenium: 9.95µg (14.22%), Zinc: 2.01mg (13.42%), Vitamin K: 13.3µg (12.67%), Vitamin B5: 0.87mg (8.71%), Vitamin D: 0.66µg (4.4%), Vitamin E: 0.52mg (3.48%)