



## Irish Potato Casserole

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup butter melted
- 2 eggs beaten
- 0.5 cup milk
- 1 teaspoon onion minced
- 0.3 teaspoon paprika
- 2 cups potatoes shredded peeled
- 1 teaspoon salt
- 0.5 cup sharp cheddar cheese shredded

## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 1.5 quart baking dish.
- In a medium bowl, combine the potatoes, butter, eggs, onion, salt and paprika.
- Mix well.
- Place potato mixture into the prepared baking dish and pour milk over top.
- Bake in the preheated oven for 40 minutes.
- Sprinkle top with cheese, return to oven and bake until cheese melts and is slightly browned.

## Nutrition Facts

 **PROTEIN 9.49%**  **FAT 70.03%**  **CARBS 20.48%**

## Properties

Glycemic Index:40.13, Glycemic Load:9.39, Inflammation Score:-5, Nutrition Score:7.4243477738422%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 261.49kcal (13.07%), Fat: 20.66g (31.79%), Saturated Fat: 12.39g (77.43%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 12.03g (4.37%), Sugar: 1.64g (1.83%), Cholesterol: 107.09mg (35.7%), Sodium: 603.62mg (26.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin C: 13.82mg (16.75%), Vitamin A: 721.67IU (14.43%), Phosphorus: 137.5mg (13.75%), Vitamin B6: 0.25mg (12.65%), Selenium: 7.96µg (11.37%), Calcium: 113.25mg (11.32%), Potassium: 359.7mg (10.28%), Vitamin B2: 0.17mg (9.8%), Fiber: 1.57g (6.3%), Vitamin B12: 0.37µg (6.21%), Magnesium: 23.41mg (5.85%), Manganese: 0.12mg (5.79%), Vitamin B5: 0.57mg (5.7%), Zinc: 0.84mg (5.62%), Folate: 20.74µg (5.19%), Vitamin B1: 0.08mg (5.16%), Vitamin E: 0.7mg (4.7%), Iron: 0.84mg (4.68%), Copper: 0.09mg (4.52%), Vitamin B3: 0.79mg (3.96%), Vitamin D: 0.57µg (3.82%), Vitamin K: 3.05µg (2.91%)