



## Kugeli Comfort Potato Dish

 **Gluten Free**

READY IN



**100 min.**

SERVINGS



**12**

CALORIES



**464 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup baby portobello mushrooms sliced
- 12 ounce bacon
- 1 teaspoon butter
- 6 eggs
- 12 fluid ounce evaporated milk canned
- 12 servings salt and ground pepper black to taste
- 5 pounds idaho potatoes shredded
- 2 large onions chopped

- 2 cups cheddar cheese shredded divided
- 0.3 cup cup heavy whipping cream sour to taste
- 1 cup sun-dried tomatoes chopped

## Equipment

- bowl
- frying pan
- paper towels
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13-inch casserole dish.
- Heat butter in a skillet over medium heat; cook and stir onions and mushrooms until softened and tender, about 10 minutes.
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on paper towels, reserving 1 tablespoon bacon grease. Crumble bacon.
- Beat milk, eggs, and reserved 1 tablespoon bacon grease together in a bowl; fold in potatoes until evenly mixed. Stir onion-mushroom mixture and sun-dried tomatoes into potato mixture; season with salt and pepper.
- Pour potato mixture, including all the liquid, into the prepared casserole dish.
- Sprinkle bacon and 1 1/2 cup Cheddar cheese over potato mixture.
- Bake in the preheated oven until potatoes are tender and cheese is melted, about 55 hour.
- Sprinkle remaining 1/2 cup Cheddar cheese over potato mixture and continue baking until melted, about 5 more minutes.
- Serve with sour cream.

## Nutrition Facts



■ PROTEIN 15.78% ■ FAT 45.19% ■ CARBS 39.03%

## Properties

Glycemic Index:20.9, Glycemic Load:28.71, Inflammation Score:-6, Nutrition Score:19.652173871579%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

## Nutrients (% of daily need)

Calories: 463.7kcal (23.18%), Fat: 23.73g (36.5%), Saturated Fat: 10.23g (63.96%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 41.99g (15.27%), Sugar: 9.13g (10.15%), Cholesterol: 131.68mg (43.89%), Sodium: 398.52mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.29%), Vitamin B6: 0.87mg (43.3%), Potassium: 1363.13mg (38.95%), Phosphorus: 386.14mg (38.61%), Selenium: 21.37µg (30.52%), Calcium: 270.07mg (27.01%), Manganese: 0.53mg (26.47%), Vitamin B2: 0.43mg (25.39%), Vitamin B3: 4.37mg (21.83%), Vitamin B1: 0.33mg (21.77%), Magnesium: 82.63mg (20.66%), Vitamin C: 16.82mg (20.39%), Copper: 0.4mg (19.8%), Iron: 3.13mg (17.41%), Vitamin B5: 1.65mg (16.52%), Fiber: 4.13g (16.51%), Zinc: 2.37mg (15.77%), Folate: 56.43µg (14.11%), Vitamin A: 511.99IU (10.24%), Vitamin B12: 0.6µg (9.98%), Vitamin K: 8.4µg (8%), Vitamin D: 0.72µg (4.78%), Vitamin E: 0.6mg (3.98%)