



Lilley Mashed Potato Casserole

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 green onions chopped
- 3 cups potatoes mashed
- 3 slices processed american cheese

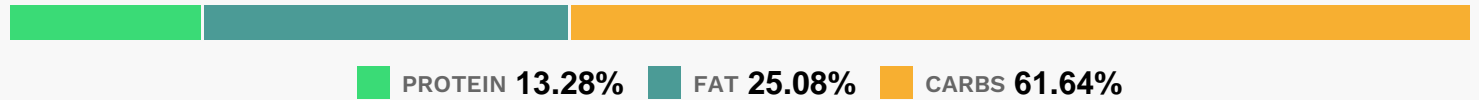
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix the mashed potatoes with the green onions and spoon into one 8x8 inch casserole dish.
- Bake for 30 minutes.
- Spread slices of cheese over the top of the casserole for the last 5 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:20.39, Inflammation Score:-4, Nutrition Score:10.755217375963%

Flavonoids

Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 181.63kcal (9.08%), Fat: 5.16g (7.94%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 24.92g (9.06%), Sugar: 1.72g (1.92%), Cholesterol: 15.75mg (5.25%), Sodium: 273.59mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.29%), Vitamin C: 32.16mg (38.98%), Vitamin B6: 0.48mg (23.84%), Potassium: 700.42mg (20.01%), Phosphorus: 192.95mg (19.3%), Calcium: 187.81mg (18.78%), Vitamin K: 15.82µg (15.07%), Fiber: 3.62g (14.48%), Manganese: 0.26mg (12.85%), Magnesium: 41.52mg (10.38%), Copper: 0.18mg (9.12%), Vitamin B1: 0.13mg (8.78%), Vitamin B3: 1.7mg (8.52%), Iron: 1.42mg (7.87%), Folate: 30.3µg (7.57%), Zinc: 0.87mg (5.82%), Vitamin B2: 0.09mg (5.41%), Vitamin B5: 0.53mg (5.34%), Selenium: 3.69µg (5.27%), Vitamin A: 211.81IU (4.24%), Vitamin B12: 0.24µg (3.94%), Vitamin E: 0.17mg (1.17%)