



Loaded Baked Potato Casserole

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6.5 oz garlic-and-herb spreadable cheese
- 6 servings garnish: chives fresh chopped
- 4 slices bacon crumbled cooked
- 0.5 cup milk
- 0.5 teaspoon pepper
- 22 oz potatoes frozen mashed
- 1 teaspoon salt
- 4 oz cheddar cheese shredded

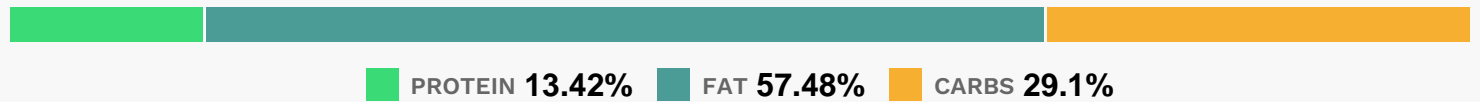
Equipment

- oven
- baking pan

Directions

- Prepare potatoes according to package directions.
- Stir in spreadable cheese and next 4 ingredients; stir until blended.
- Spread mixture on bottom of a lightly-greased 11- x 7-inch baking dish; top with Cheddar cheese.
- Bake at 350 for 25 to 30 minutes or until thoroughly heated.
- Garnish, if desired.
- Note: For testing purposes only, we used frozen Ore-Ida Mashed Potatoes and Alouette Garlic & Herbs
- Spreadable Cheese.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:13.81, Inflammation Score:-4, Nutrition Score:9.1882609491763%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 301.85kcal (15.09%), Fat: 19.74g (30.36%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 20.13g (7.32%), Sugar: 1.87g (2.08%), Cholesterol: 60mg (20%), Sodium: 781.72mg (33.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.73%), Vitamin C: 21.06mg (25.53%), Phosphorus: 187.88mg (18.79%), Vitamin B6: 0.36mg (18.12%), Calcium: 173.59mg (17.36%), Potassium: 514.54mg (14.7%), Selenium: 8.77µg (12.53%), Manganese: 0.19mg (9.45%), Fiber: 2.35g (9.42%), Vitamin B2: 0.16mg (9.32%), Vitamin B1: 0.13mg (8.72%), Vitamin B3: 1.7mg (8.48%), Magnesium: 33.82mg (8.45%), Zinc: 1.25mg (8.33%), Copper: 0.13mg

(6.42%), Vitamin B12: 0.37µg (6.14%), Folate: 21.68µg (5.42%), Vitamin A: 270.81IU (5.42%), Vitamin B5: 0.53mg (5.27%), Iron: 0.93mg (5.15%), Vitamin K: 4.89µg (4.66%), Vitamin D: 0.36µg (2.39%), Vitamin E: 0.19mg (1.26%)