



Loaded Baked Potato Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz queso asadero
- ☐ 8 slices bacon crumbled cooked
- ☐ 12 oz finely-chopped ham fully cooked chopped
- ☐ 1 cup spring onion chopped (10 medium)
- ☐ 30 oz potatoes crispy frozen
- ☐ 1 medium bell pepper red chopped
- ☐ 0.5 cup cream sour

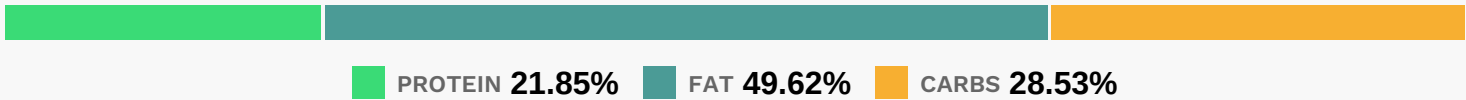
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375F. Spray 13x9-inch (3-quart) baking dish with cooking spray.
- ☐ Arrange potato wedges in baking dish; bake 10 to 15 minutes or until thawed and beginning to brown. Top with half each of the ham, bacon, bell pepper and green onions.
- ☐ Spread cheese dip on top.
- ☐ Sprinkle with remaining ham, bacon and bell pepper.
- ☐ Bake 20 to 30 minutes or until cheese dip is melted and potatoes are tender. Top with dollops of sour cream and remaining green onions.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:13.97, Inflammation Score:-7, Nutrition Score:18.867826159234%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 365.7kcal (18.28%), Fat: 20.16g (31.02%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 22.94g (8.34%), Sugar: 5.8g (6.44%), Cholesterol: 87.31mg (29.1%), Sodium: 1509.67mg (65.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.95%), Phosphorus: 663.66mg (66.37%), Vitamin C: 52.58mg (63.74%), Vitamin K: 28.84µg (27.47%), Vitamin B6: 0.52mg (26.1%), Vitamin B1: 0.37mg (24.87%), Potassium: 818.41mg (23.38%), Calcium: 231.58mg (23.16%), Vitamin A: 1029.98IU (20.6%), Vitamin B2: 0.33mg (19.3%), Selenium: 13.42µg (19.17%), Vitamin B3: 3.7mg (18.48%), Zinc: 2.51mg (16.71%), Fiber: 3.14g (12.54%), Vitamin B12: 0.72µg (11.95%), Manganese: 0.22mg (11.13%), Magnesium: 41.58mg (10.4%), Copper: 0.19mg (9.36%), Iron: 1.63mg (9.04%), Vitamin B5: 0.88mg (8.8%), Folate: 33.99µg (8.5%), Vitamin E: 0.4mg (2.68%)