



Loaded Barbecue Baked Potato Casserole

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



715 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 0.8 cup barbecue sauce
- 4 oz chiles green drained chopped canned
- 2 cups milk
- 4 oz monterrey jack cheese shredded with peppers
- 8 servings garnish: parsley fresh chopped
- 0.5 teaspoon pepper
- 3 cups barbecue pork shredded

- 22 oz potatoes frozen mashed
- 0.5 teaspoon salt
- 12 oz cheddar cheese shredded divided
- 8 oz cup heavy whipping cream light sour

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- microwave

Directions

- Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings. Crumble bacon; set aside.
- Stir together reserved bacon drippings, potatoes, next 5 ingredients, and 2 cups Cheddar cheese in a large microwave-safe bowl. Microwave at HIGH 4 minutes. Stir in sour cream and chiles until well blended.
- Spoon potato mixture into a lightly greased 13- x 9-inch baking dish.
- Sprinkle evenly with bacon and remaining 1 cup Cheddar cheese. Arrange pork evenly over cheese.
- Drizzle barbecue sauce evenly over pork.
- Bake at 350 for 45 minutes.
- Let stand 10 minutes before serving.
- Garnish, if desired.

Nutrition Facts

 **PROTEIN 19.89%**  **FAT 62.3%**  **CARBS 17.81%**

Properties

Glycemic Index:29.97, Glycemic Load:11.41, Inflammation Score:-7, Nutrition Score:27.68304368724%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 714.54kcal (35.73%), Fat: 49.37g (75.96%), Saturated Fat: 23.1g (144.36%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 29.39g (10.69%), Sugar: 12.75g (14.17%), Cholesterol: 147.15mg (49.05%), Sodium: 1053.51mg (45.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.92%), Vitamin K: 69.47µg (66.16%), Selenium: 41.9µg (59.86%), Phosphorus: 572.33mg (57.23%), Calcium: 564.11mg (56.41%), Vitamin B1: 0.83mg (55.23%), Vitamin B2: 0.63mg (37.13%), Vitamin B6: 0.74mg (36.91%), Zinc: 4.85mg (32.36%), Vitamin C: 26.56mg (32.2%), Vitamin B3: 5.76mg (28.78%), Vitamin B12: 1.72µg (28.67%), Potassium: 913.41mg (26.1%), Vitamin A: 1156.34IU (23.13%), Magnesium: 68.5mg (17.13%), Vitamin B5: 1.42mg (14.22%), Iron: 2.27mg (12.6%), Folate: 45.8µg (11.45%), Manganese: 0.19mg (9.74%), Fiber: 2.36g (9.44%), Copper: 0.18mg (9.09%), Vitamin D: 1.13µg (7.56%), Vitamin E: 0.8mg (5.31%)