



Loaded Barbecue Baked Potato Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 24 oz potatoes frozen mashed
- 0.7 cup milk
- 4 oz pepper jack cheese shredded
- 0.5 teaspoon pepper
- 12 oz cheddar cheese shredded
- 8 oz cream sour reduced-fat
- 4 oz chilis green drained chopped canned

- 3 cups barbecue sauce shredded
- 0.8 cup barbecue sauce
- 1 serving parsley fresh chopped

Equipment

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

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 10-inch skillet, cook bacon over medium-high heat 8 to 10 minutes or until crisp; drain on paper towels, reserving 2 tablespoons drippings. Crumble bacon; set aside.
- In large microwavable bowl, stir together mashed potatoes, reserved bacon drippings, the milk, pepper Jack cheese, cream cheese, pepper and 2 cups of the Cheddar cheese. Microwave uncovered on High 4 minutes. Stir in sour cream and chiles until well blended.
- Spoon potato mixture into baking dish.
- Sprinkle with bacon and remaining 1 cup Cheddar cheese. Spoon pork evenly over cheese.
- Drizzle barbecue sauce over pork.
- Bake uncovered 45 minutes or until bubbly.
- Let stand 10 minutes before serving.
- Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:9.25, Inflammation Score:-6, Nutrition Score:14.53391310443%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 516.38kcal (25.82%), Fat: 23.94g (36.83%), Saturated Fat: 12.32g (77.02%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 57.01g (20.73%), Sugar: 37.14g (41.27%), Cholesterol: 62.71mg (20.9%), Sodium: 1556.94mg (67.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.11%), Calcium: 426.39mg (42.64%), Phosphorus: 319.57mg (31.96%), Selenium: 16.57µg (23.68%), Vitamin C: 18.66mg (22.62%), Vitamin B2: 0.34mg (20.02%), Potassium: 685.62mg (19.59%), Vitamin B6: 0.38mg (18.87%), Vitamin A: 823.83IU (16.48%), Zinc: 2.32mg (15.47%), Manganese: 0.26mg (12.97%), Magnesium: 48.47mg (12.12%), Vitamin B12: 0.7µg (11.73%), Fiber: 2.69g (10.77%), Vitamin K: 11.21µg (10.68%), Vitamin B3: 2.03mg (10.13%), Vitamin B1: 0.15mg (9.79%), Iron: 1.61mg (8.94%), Copper: 0.18mg (8.84%), Vitamin E: 1.29mg (8.58%), Folate: 31.46µg (7.86%), Vitamin B5: 0.69mg (6.88%), Vitamin D: 0.55µg (3.66%)