



WHATSheATE



Loaded Barbecue Baked Potato Casserole



Gluten Free



Popular

READY IN



80 min.

SERVINGS



10

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 0.8 cup barbecue sauce
- ☐ 4.5 oz chilis green drained chopped canned
- ☐ 10 servings parsley fresh chopped
- ☐ 8 oz cream sour reduced-fat
- ☐ 0.7 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 4 oz pepper jack cheese shredded

- ☐ 3 cups fatty pork shredded
- ☐ 24 oz potatoes frozen mashed
- ☐ 12 oz cheddar cheese shredded

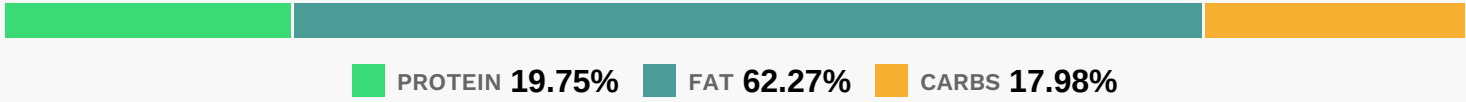
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:9.29, Inflammation Score:-7, Nutrition Score:22.147826101469%

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: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 557.07kcal (27.85%), Fat: 38.47g (59.19%), Saturated Fat: 17.88g (111.72%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 22.92g (8.34%), Sugar: 8.69g (9.65%), Cholesterol: 113.82mg (37.94%), Sodium: 720.59mg (31.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Vitamin K: 68.7µg (65.43%), Selenium: 32.93µg (47.04%), Vitamin B1: 0.65mg (43.33%), Phosphorus: 428.86mg (42.89%), Calcium: 413.49mg (41.35%), Vitamin B6: 0.59mg (29.49%), Vitamin C: 23.92mg (28.99%), Vitamin B2: 0.46mg (27.24%), Zinc: 3.78mg (25.17%), Vitamin B3: 4.65mg (23.25%), Potassium: 711.81mg (20.34%), Vitamin B12: 1.2µg (20.01%), Vitamin A: 941.66IU (18.83%), Magnesium: 52.66mg (13.16%), Iron: 1.93mg (10.7%), Vitamin B5: 1.04mg (10.37%), Folate: 39.53µg (9.88%), Fiber: 2.06g (8.26%), Manganese: 0.16mg (8.21%), Copper: 0.15mg (7.62%), Vitamin E: 0.63mg (4.18%), Vitamin D: 0.55µg (3.66%)