



Loaded Mashed Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon crumbled cooked
- ☐ 8 oz cream cheese softened
- ☐ 2 teaspoons parsley dried
- ☐ 1 teaspoon garlic salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup milk
- ☐ 5.5 cups potatoes mashed
- ☐ 0.8 cup cheddar cheese shredded

☐ 8 oz cream sour

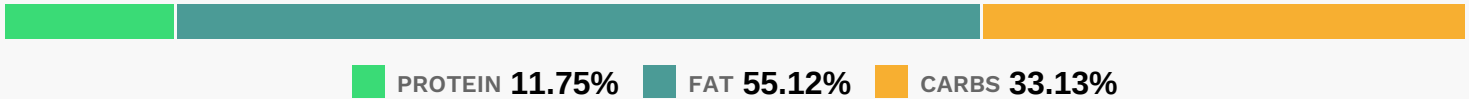
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer

Directions

☐ Combine all ingredients except Cheddar cheese and bacon in a large mixing bowl. Beat at medium high speed with an electric mixer until smooth. Spoon into a lightly greased 13"x9" baking pan; top with Cheddar cheese and bacon. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 10 more minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:12.83, Inflammation Score:-5, Nutrition Score:8.0378261182619%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 231.59kcal (11.58%), Fat: 14.4g (22.16%), Saturated Fat: 7.79g (48.67%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 17.35g (6.31%), Sugar: 2.63g (2.92%), Cholesterol: 42.48mg (14.16%), Sodium: 382.1mg (16.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Vitamin C: 19.15mg (23.22%), Vitamin B6: 0.34mg (16.75%), Phosphorus: 147.74mg (14.77%), Potassium: 495.07mg (14.14%), Calcium: 112.23mg (11.22%), Selenium: 6.84µg (9.77%), Vitamin B2: 0.16mg (9.46%), Vitamin A: 462.57IU (9.25%), Fiber: 2.13g (8.52%), Manganese: 0.16mg (7.84%), Vitamin B1: 0.12mg (7.7%), Magnesium: 30.24mg (7.56%), Vitamin B3: 1.49mg (7.43%), Copper: 0.12mg (5.9%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.57mg (5.68%), Folate: 19.78µg (4.94%), Iron: 0.84mg (4.67%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 2.94µg (2.8%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.17µg (1.13%)