



WHATSheATE



Loaded Roasted Potato Casserole



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 38 oz potatoes frozen
- ☐ 3 oz pepper jack cheese shredded
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup spring onion chopped (4 medium)

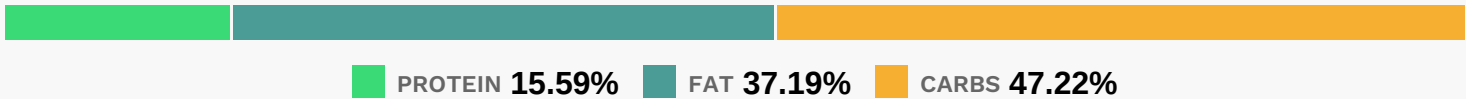
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 400°F. Cook frozen vegetables as directed on bag. Spoon evenly into ungreased 1 1/2-quart casserole.
- ☐ Top with cheese and bacon.
- ☐ Bake 6 to 8 minutes or until topping is light golden brown.
- ☐ Serve with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:23.05, Inflammation Score:-5, Nutrition Score:12.928695670936%

Flavonoids

Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 274.48kcal (13.72%), Fat: 11.49g (17.67%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 28.76g (10.46%), Sugar: 2.22g (2.47%), Cholesterol: 33.25mg (11.08%), Sodium: 260.63mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.67%), Vitamin C: 36.33mg (44.03%), Vitamin B6: 0.6mg (30.08%), Potassium: 849.82mg (24.28%), Phosphorus: 217.92mg (21.79%), Fiber: 4.06g (16.23%), Calcium: 150.68mg (15.07%), Vitamin B3: 2.93mg (14.67%), Manganese: 0.29mg (14.36%), Vitamin B1: 0.2mg (13.64%), Magnesium: 50.79mg (12.7%), Vitamin K: 12.68µg (12.07%), Selenium: 8.1µg (11.57%), Copper: 0.22mg (10.76%), Vitamin B2: 0.17mg (10.01%), Iron: 1.67mg (9.26%), Folate: 35.1µg (8.77%), Zinc: 1.31mg (8.76%), Vitamin B5: 0.73mg (7.34%), Vitamin A: 277.03IU (5.54%), Vitamin B12: 0.26µg (4.34%), Vitamin E: 0.19mg (1.27%)