



Mashed Potato Casserole

READY IN



49 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds baking potatoes peeled cut into 1/2-inch-thick slices
- 2 tablespoons chives thinly sliced
- 5 garlic clove thinly sliced
- 1.3 teaspoons kosher salt divided
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- 0.5 cup parmesan grated
- 1.5 pounds yukon gold potatoes peeled cut into 1/2-inch-thick slices

Equipment

- bowl
- sauce pan
- oven
- baking pan
- broiler
- colander
- potato ricer

Directions

- Preheat oven to 350
- Place potatoes, garlic, and 1/2 teaspoon salt in a large saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.
- Press potato mixture in batches through a ricer into a large bowl. Stir in reserved 1/2 cup cooking liquid, remaining 3/4 teaspoon salt, and cream cheese.
- Spoon potato mixture into a broiler-safe 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- Bake at 350 for 20 minutes or until thoroughly heated.
- Preheat broiler.
- Combine Parmigiano-Reggiano and panko; sprinkle evenly over top of potatoes. Broil 4 minutes or until golden brown.
- Sprinkle with chives.

Nutrition Facts



PROTEIN 14.38% **FAT 9.94%** **CARBS 75.68%**

Properties

Glycemic Index:33.81, Glycemic Load:23.2, Inflammation Score:-4, Nutrition Score:9.6517391755529%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 175.01kcal (8.75%), Fat: 1.97g (3.03%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 30.58g (11.12%), Sugar: 1.51g (1.67%), Cholesterol: 4.25mg (1.42%), Sodium: 500.63mg (21.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Vitamin B6: 0.58mg (28.94%), Vitamin C: 22.62mg (27.42%), Potassium: 735.62mg (21.02%), Manganese: 0.33mg (16.72%), Phosphorus: 148.12mg (14.81%), Fiber: 3.2g (12.81%), Vitamin B1: 0.18mg (12.05%), Magnesium: 44.28mg (11.07%), Calcium: 106.43mg (10.64%), Vitamin B3: 2.06mg (10.3%), Copper: 0.2mg (9.9%), Iron: 1.67mg (9.3%), Folate: 30.81µg (7.7%), Vitamin B5: 0.57mg (5.7%), Vitamin B2: 0.09mg (5.53%), Zinc: 0.75mg (4.98%), Vitamin K: 5.13µg (4.89%), Selenium: 3.22µg (4.6%), Vitamin A: 84.18IU (1.68%), Vitamin B12: 0.09µg (1.47%)