



Mashed Potato Casserole



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 2 eggs beaten
- ☐ 2 tablespoons butter
- ☐ 1 cup milk
- ☐ 8 ounce gorgonzola dip
- ☐ 3 cups potato flakes instant mashed
- ☐ 1 teaspoon salt
- ☐ 2 cups water

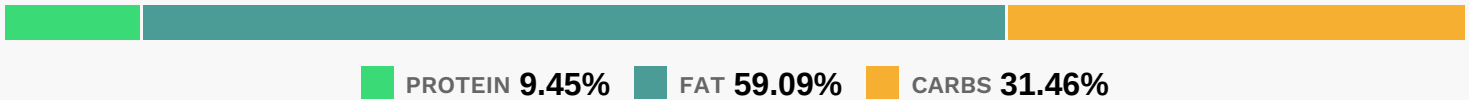
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 2 1/2 quart casserole dish.
- ☐ Blend together milk, cream cheese, onion dip and eggs.
- ☐ In a saucepan over medium heat, combine water, margarine and salt. Bring to a boil and add instant potato mix; mix well.
- ☐ Add cream cheese mixture, mix well and pour into prepared dish.
- ☐ Dot the top with margarine and bake at 350 degrees F (175 degrees C) for 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:7.8091304198555%

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 19.41g (29.86%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.77g (7.92%), Sugar: 5.22g (5.8%), Cholesterol: 73.21mg (24.4%), Sodium: 626.92mg (27.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin C: 18.23mg (22.1%), Vitamin B1: 0.25mg (16.71%), Selenium: 9.41µg (13.44%), Vitamin A: 617.21IU (12.34%), Phosphorus: 118.82mg (11.88%), Calcium: 118.05mg (11.81%), Vitamin B6: 0.22mg (11.09%), Vitamin B2: 0.18mg (10.8%), Potassium: 346.93mg (9.91%), Vitamin B5: 0.91mg (9.15%), Vitamin B3: 1.48mg (7.38%), Fiber: 1.49g (5.94%), Magnesium: 23.09mg (5.77%), Vitamin B12: 0.33µg (5.47%), Folate: 18.11µg (4.53%), Zinc: 0.57mg (3.82%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.49mg (3.27%), Copper: 0.06mg (2.96%), Iron: 0.5mg (2.77%), Vitamin K: 2.68µg (2.55%), Manganese: 0.04mg (2.22%)