



Mashed Potato Casserole



Gluten Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons bacon pieces cooked
- ☐ 0.3 cup butter melted
- ☐ 1 cup daisy brand cream sour
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 cup fried onions french
- ☐ 6 medium potatoes peeled quartered
- ☐ 1 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded

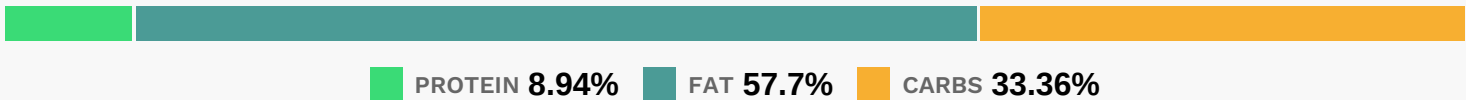
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ casserole dish
- ☐ potato masher

Directions

- ☐ Heat the oven to 325 degrees F. Butter a 1 1/2-quart casserole dish.
- ☐ Place potatoes in a 3-quart saucepan; cover with cold water.
- ☐ Add 1 tablespoon of salt. Bring to a boil. Cover, reduce heat, and cook for 20 minutes or until fork-tender.
- ☐ Drain the potatoes. Put pan back on burner for 1 minute, shaking the pan until the potatoes are dry. Mash the potatoes with potato masher or mixer.
- ☐ Add the butter, sour cream, cheese, chives and remaining 1/2 teaspoon salt. Mash or stir until mixed well.
- ☐ Spoon the mixture into a casserole dish.
- ☐ Bake the potatoes for 20 to 25 minutes or until hot.
- ☐ Remove from oven and sprinkle with onions and cooked bacon pieces. Return the dish to the oven and bake for an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:34.29, Glycemic Load:27.38, Inflammation Score:-7, Nutrition Score:15.016086868618%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 481.33kcal (24.07%), Fat: 31.36g (48.25%), Saturated Fat: 18.96g (118.51%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 36.08g (13.12%), Sugar: 2.91g (3.23%), Cholesterol: 87.33mg (29.11%), Sodium: 703.96mg (30.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Vitamin C: 42.78mg (51.85%), Vitamin B6: 0.66mg (32.84%), Potassium: 954.22mg (27.26%), Phosphorus: 233.52mg (23.35%), Vitamin A: 1055.96IU (21.12%), Fiber: 4.71g (18.84%), Calcium: 188.32mg (18.83%), Manganese: 0.33mg (16.64%), Magnesium: 57.47mg (14.37%), Vitamin B2: 0.23mg (13.54%), Vitamin B1: 0.19mg (12.34%), Copper: 0.24mg (12.12%), Vitamin B3: 2.29mg (11.45%), Selenium: 7.26µg (10.38%), Folate: 40.96µg (10.24%), Iron: 1.75mg (9.74%), Zinc: 1.42mg (9.46%), Vitamin B5: 0.82mg (8.23%), Vitamin K: 8.56µg (8.15%), Vitamin E: 0.75mg (4.99%), Vitamin D: 0.75µg (4.98%), Vitamin B12: 0.28µg (4.65%)