



Mashed-Potato Casserole with Gouda and Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter ()
- 8 ounces gouda cheese smoked divided grated
- 3 large spring onion finely chopped (white and pale green parts only)
- 3 pounds baking potatoes peeled cut into 1 1/2-inch cubes
- 0.8 cup cream sour
- 6 slices bacon smoked thick-cut (preferably applewood-smoked)
- 0.3 cup milk whole

Equipment

- bowl
- paper towels
- oven
- pot
- baking pan
- potato masher

Directions

- Butter 13x9x2-inch baking dish. Cook bacon in heavy large skillet until golden brown and crisp.
- Transfer to paper towels to drain. Chop bacon.
- Place in medium bowl.
- Add green onions; toss to distribute evenly.
- Place potatoes in large pot and add enough cold water to cover.
- Sprinkle with salt. Cover and boil with lid slightly ajar until potatoes are tender, 15 to 20 minutes.
- Drain well.
- Return potatoes to pot. Cook over low heat, stirring often, until potatoes are dry and light film forms on bottom of pot, about 2 minutes.
- Add next 3 ingredients. Using potato masher, mash until almost smooth. Stir in 1 1/2 cups smoked Gouda and 1 cup bacon mixture. Season with salt and pepper.
- Spread potato mixture in prepared baking dish.
- Sprinkle remaining 1/2 cup
- Gouda over. DO AHEAD: Can be prepared 8 hours ahead. Cover and chill potato mixture and remaining bacon mixture separately.
- Preheat oven to 375°F.
- Bake potatoes until cheese melts and edges of potatoes are bubbling, about 30 minutes (40 minutes if chilled).
- Sprinkle reserved bacon mixture over and serve.

Nutrition Facts

PROTEIN 13.32% FAT 56.99% CARBS 29.69%

Properties

Glycemic Index:28.97, Glycemic Load:24.67, Inflammation Score:-6, Nutrition Score:14.585651998935%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 450.55kcal (22.53%), Fat: 28.9g (44.46%), Saturated Fat: 14.64g (91.5%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 31.42g (11.43%), Sugar: 3.13g (3.48%), Cholesterol: 79.33mg (26.44%), Sodium: 477.09mg (20.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Vitamin B6: 0.7mg (35.12%), Phosphorus: 319.05mg (31.9%), Calcium: 264.64mg (26.46%), Potassium: 866.85mg (24.77%), Vitamin K: 23.97µg (22.83%), Selenium: 11.34µg (16.19%), Vitamin B1: 0.24mg (15.87%), Vitamin B3: 2.95mg (14.74%), Manganese: 0.29mg (14.55%), Vitamin C: 11.65mg (14.12%), Magnesium: 55.98mg (13.99%), Zinc: 2.07mg (13.82%), Vitamin B2: 0.23mg (13.7%), Vitamin A: 592.84IU (11.86%), Vitamin B12: 0.68µg (11.4%), Copper: 0.21mg (10.43%), Iron: 1.8mg (9.98%), Fiber: 2.45g (9.82%), Folate: 37.27µg (9.32%), Vitamin B5: 0.88mg (8.83%), Vitamin E: 0.5mg (3.36%), Vitamin D: 0.36µg (2.41%)