



## Mashed Potato Layer Bake

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2364 kcal

SIDE DISH

### Ingredients

- 3.3 lb baking potatoes cooked peeled chopped ( 9)
- 0.3 tsp pepper black
- 0.3 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 8 oz philadelphia chive & onion cream cheese spread
- 0.5 cup knudsen cream sour
- 0.3 cup parmesan cheese shredded kraft
- 0.5 lb sweet potatoes cooked peeled chopped

### Equipment

bowl

oven

## Directions

Heat oven to 375F.

Place potatoes in separate bowls.

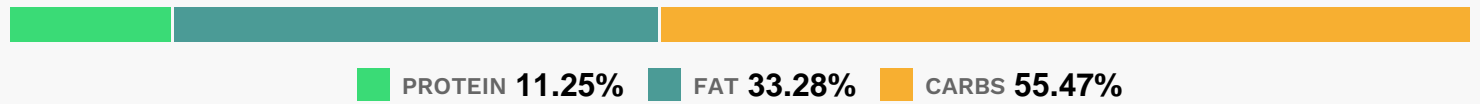
Add half each of the cream cheese spread, sour cream and pepper to each bowl; mash until potatoes are creamy.

Stir half the Parmesan into white potatoes, then stir half the cheddar into sweet potatoes.

Layer half of each the potatoes in 2-qt. casserole. Repeat layers.

Bake 15 min. Top with remaining cheeses; bake 5 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:228.75, Glycemic Load:232.5, Inflammation Score:-10, Nutrition Score:68.96347850302%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 2364.31kcal (118.22%), Fat: 88.83g (136.66%), Saturated Fat: 53.17g (332.28%), Carbohydrates: 333.21g (111.07%), Net Carbohydrates: 307.12g (111.68%), Sugar: 29.87g (33.19%), Cholesterol: 253.71mg (84.57%), Sodium: 1871.79mg (81.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.55g (135.09%), Vitamin A: 35542.38IU (710.85%), Vitamin B6: 5.65mg (282.54%), Potassium: 7106.76mg (203.05%), Manganese: 2.98mg (149.19%), Phosphorus: 1308.47mg (130.85%), Calcium: 1145.93mg (114.59%), Vitamin C: 90.51mg (109.7%), Magnesium: 426.74mg (106.69%), Fiber: 26.09g (104.38%), Copper: 1.91mg (95.28%), Vitamin B1: 1.43mg (95.15%), Vitamin B3: 16.72mg (83.58%), Iron: 14.44mg (80.23%), Vitamin B5: 6.88mg (68.75%), Folate: 246µg (61.5%), Vitamin B2: 1.03mg (60.38%), Zinc: 7.07mg (47.1%), Selenium: 25.16µg (35.94%), Vitamin K: 34.26µg (32.63%), Vitamin B12: 0.84µg (14.02%), Vitamin E: 1.45mg (9.64%), Vitamin D: 0.29µg (1.96%)