



Potato and Mushroom Bake

 Vegetarian  Gluten Free

READY IN



119 min.

SERVINGS



10

CALORIES



242 kcal

SIDE DISH

Ingredients

- 10 ounce alfredo sauce light refrigerated
- 0.8 teaspoon pepper black divided
- 1 large egg white
- 0.3 cup less-sodium chicken broth fat-free
- 15 ounce ricotta cheese fat-free
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 1 teaspoon olive oil

- 1.5 cups onion chopped
- 2 tablespoons oregano fresh chopped
- 8 ounce part-skim mozzarella cheese shredded divided
- 1 pound portobello mushroom caps sliced
- 0.8 teaspoon salt divided
- 2 pounds yukon gold potatoes (7 medium)

Equipment

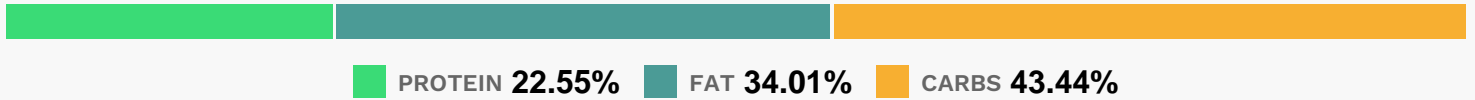
- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- dutch oven

Directions

- Place potatoes in a Dutch oven, and cover with water; bring to a boil. Reduce heat, and simmer 30 minutes or until tender; drain.
- . Preheat oven to 40
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add onion and garlic; saut 3 minutes.
- Add sliced mushrooms, 1/2 teaspoon salt, and 1/2 teaspoon pepper; saut 5 minutes or until tender.
- Add broth; cook 5 minutes, stirring occasionally.
- . While mushroom mixture cooks, combine ricotta, 1 cup mozzarella, and egg white in a bowl; stir well.
- Combine Alfredo sauce, basil, and oregano in another bowl; stir well.
- . Peel potatoes, and cut into 1/4- inch slices. Arrange half of potato slices in a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Top with half of mushroom mixture.

- Spread half of ricotta mixture evenly over mushroom layer.
- Spread half of Alfredo sauce mixture over ricotta layer. Repeat procedure once, ending with Alfredo sauce mixture. Cover with foil coated with cooking spray.
- Bake at 400 for 30 minutes. Uncover and sprinkle with remaining 1 cup cheese.
- Bake 15 minutes or until cheese melts and casserole is bubbly.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.77, Glycemic Load:12.19, Inflammation Score:-8, Nutrition Score:11.706086972485%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 241.62kcal (12.08%), Fat: 8.99g (13.84%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 22.36g (8.13%), Sugar: 5.01g (5.57%), Cholesterol: 39.92mg (13.31%), Sodium: 589.57mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.84%), Calcium: 282.51mg (28.25%), Vitamin C: 19.97mg (24.2%), Phosphorus: 216.75mg (21.68%), Vitamin B6: 0.4mg (19.98%), Selenium: 13.02µg (18.6%), Potassium: 627.01mg (17.91%), Vitamin B3: 3.14mg (15.7%), Manganese: 0.29mg (14.54%), Fiber: 3.48g (13.91%), Copper: 0.26mg (12.86%), Vitamin B2: 0.19mg (10.91%), Vitamin K: 11.39µg (10.84%), Folate: 36.83µg (9.21%), Vitamin B5: 0.86mg (8.62%), Magnesium: 32.4mg (8.1%), Zinc: 1.21mg (8.09%), Vitamin B1: 0.12mg (7.89%), Iron: 1.37mg (7.64%), Vitamin B12: 0.22µg (3.72%), Vitamin A: 160.92IU (3.22%), Vitamin E: 0.3mg (2.01%), Vitamin D: 0.2µg (1.36%)