

Potato and Salmon Casserole

Gluten Free



Ingredients

- 2 large eggs
- 4 ounces goat cheese fresh soft (such as Montrachet)
- 0.5 cup green onions chopped
- 1 cup milk 1% low-fat ()
 - 3 tablespoons parmesan cheese packed freshly grated ()
 - 2.5 pounds russet potatoes peeled cut into 1-inch pieces
 - 14.8 ounce pink salmon with bones), drained canned

Equipment

bowl
oven
pot
hand mixer
pie form
Directions
Preheat oven to 400°F. Spray 10-inch-diameter glass pie dish with oil spray. Separate salmon into chunks, leaving bones intact (bones are very soft and will blend into potato mixture).

Drain. Transfer potatoes to large bowl. Add milk, goat cheese and 2 tablespoons Parmesan cheese. Using electric mixer, beat until almost smooth. Season with salt and pepper. Beat in eggs. Stir in salmon and green onions. Transfer mixture to prepared dish.

Cook potatoes in large pot of boiling salted water until very tender, about 20 minutes.

Sprinkle with remaining 1 tablespoon Parmesan cheese.

Remove black pieces of skin; discard. Set salmon aside.

Bake casserole until golden and heated through, about 45 minutes.

Per serving: calories, 330; total fat, 11 g; saturated fat, 5 g; cholesterol, 150 mg

Bon Appétit

Nutrition Facts

protein 29.13% 📕 fat 28.65% 📒 carbs 42.22%

Properties

Glycemic Index:19.46, Glycemic Load:26.99, Inflammation Score:-6, Nutrition Score:23.196956489397%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 352.1kcal (17.61%), Fat: 11.23g (17.27%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 34.56g (12.57%), Sugar: 3.55g (3.94%), Cholesterol: 113.17mg (37.72%), Sodium: 193.76mg (8.42%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.69g (51.39%), Vitamin B6: 1.33mg (66.42%), Selenium: 33.59µg (47.99%), Vitamin B12: 2.67µg (44.57%), Phosphorus: 384.16mg (38.42%), Vitamin B3: 7.62mg (38.09%), Potassium: 1247.66mg (35.65%), Vitamin B2: 0.55mg (32.09%), Copper: 0.53mg (26.38%), Vitamin B1: 0.36mg (24%), Vitamin B5: 2.27mg (22.69%), Vitamin K: 21.12µg (20.12%), Magnesium: 75.97mg (18.99%), Manganese: 0.35mg (17.4%), Iron: 2.97mg (16.49%), Folate: 60.25µg (15.06%), Vitamin C: 12.34mg (14.96%), Calcium: 146.39mg (14.64%), Zinc: 1.69mg (11.29%), Fiber: 2.67g (10.69%), Vitamin A: 496.8IU (9.94%), Vitamin D: 0.85µg (5.69%), Vitamin E: 0.29mg (1.96%)