



Potato and Salmon Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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

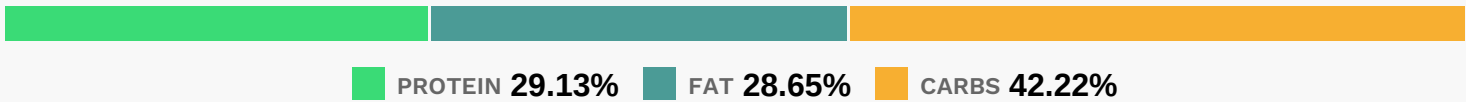
Equipment

- ☐ 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).
- ☐ Remove black pieces of skin; discard. Set salmon aside.
- ☐ Cook potatoes in large pot of boiling salted water until very tender, about 20 minutes.
- ☐ 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.
- ☐ Sprinkle with remaining 1 tablespoon Parmesan cheese.
- ☐ 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



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, 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 %: 0% (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%)