

Potato Casserole

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small bell pepper sliced thin
- ☐ 0.3 cup pepper black
- ☐ 8 tablespoons butter 1 stick
- ☐ 1.5 cups cheddar grated
- ☐ 6 slices bacon crisp cooked
- ☐ 0.3 cup garlic powder
- ☐ 1 small onion sliced thin
- ☐ 2 cups potatoes mashed

- ☐ 4 medium potatoes cooked
- ☐ 1 cup salt
- ☐ 0.5 cup cup heavy whipping cream sour

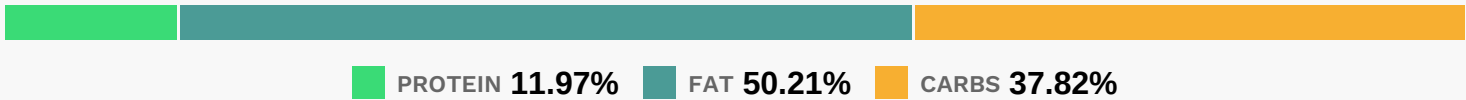
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Spread mashed potatoes evenly on bottom of casserole dish.
- ☐ Layer sour cream evenly over top.
- ☐ Sprinkle House Seasoning, to taste.
- ☐ Saute onion and bell pepper in butter; evenly layer over top of sour cream. Slice potatoes and layer over onions and bell peppers.
- ☐ Add butter.
- ☐ Sprinkle House Seasoning. Finally top with cheese.
- ☐ Bake for 25 to 30 minutes.
- ☐ Remove from oven and crumble bacon over top.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:29.23, Inflammation Score:-8, Nutrition Score:25.838695914849%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 552.98kcal (27.65%), Fat: 31.9g (49.08%), Saturated Fat: 18.14g (113.4%), Carbohydrates: 54.07g (18.02%), Net Carbohydrates: 45.56g (16.57%), Sugar: 3.73g (4.14%), Cholesterol: 87.61mg (29.2%), Sodium: 19328.92mg (840.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Manganese: 1.76mg (88.11%), Vitamin C: 58.7mg (71.16%), Vitamin B6: 0.94mg (46.89%), Potassium: 1278.2mg (36.52%), Phosphorus: 363.29mg (36.33%), Fiber: 8.5g (34.01%), Calcium: 316.57mg (31.66%), Vitamin A: 1316.47IU (26.33%), Selenium: 16.54µg (23.63%), Copper: 0.46mg (22.75%), Magnesium: 88.74mg (22.18%), Vitamin K: 23.13µg (22.03%), Iron: 3.54mg (19.69%), Vitamin B1: 0.29mg (19.53%), Vitamin B2: 0.29mg (17.34%), Vitamin B3: 3.44mg (17.2%), Zinc: 2.49mg (16.59%), Folate: 55.76µg (13.94%), Vitamin B5: 1.18mg (11.83%), Vitamin B12: 0.46µg (7.64%), Vitamin E: 1.14mg (7.59%), Vitamin D: 0.2µg (1.34%)