



 **14%**  
HEALTH SCORE

## Potato Casserole

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**6**

CALORIES



**556 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 small bell pepper sliced thin
- 1 small bell pepper sliced thin
- 0.3 cup pepper black
- 8 tablespoons butter (1 stick)
- 1.5 cups cheddar cheese 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 cream sour

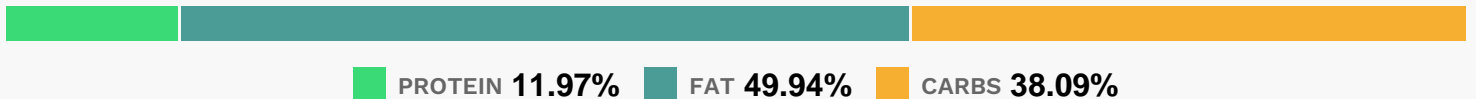
## Equipment

- 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:62.08, Glycemic Load:29.39, Inflammation Score:-8, Nutrition Score:27.483913064003%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

## **Nutrients (% of daily need)**

Calories: 556.18kcal (27.81%), Fat: 31.94g (49.14%), Saturated Fat: 18.15g (113.44%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 46.05g (16.75%), Sugar: 4.24g (4.72%), Cholesterol: 87.61mg (29.2%), Sodium: 19329.41mg (840.41%), Alcohol: 0g (100%), Protein: 17.23g (34.46%), Vitamin C: 74.49mg (90.29%), Manganese: 1.78mg (88.8%), Vitamin B6: 0.97mg (48.68%), Potassium: 1304.22mg (37.26%), Phosphorus: 366.5mg (36.65%), Fiber: 8.76g (35.05%), Vitamin A: 1702.62IU (34.05%), Calcium: 317.43mg (31.74%), Selenium: 16.55µg (23.65%), Copper: 0.46mg (22.86%), Vitamin K: 23.73µg (22.6%), Magnesium: 90.22mg (22.55%), Iron: 3.6mg (19.98%), Vitamin B1: 0.3mg (19.97%), Vitamin B2: 0.31mg (17.96%), Vitamin B3: 3.56mg (17.8%), Zinc: 2.52mg (16.79%), Folate: 61.43µg (15.36%), Vitamin B5: 1.22mg (12.22%), Vitamin E: 1.33mg (8.89%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 0.2µg (1.34%)