



Potato Casserole

 Vegetarian  Gluten Free  Low Fod Map

READY IN



1500 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup chicken broth reduced-sodium
- 2 pounds potato boiling
- 5 tablespoons butter unsalted melted

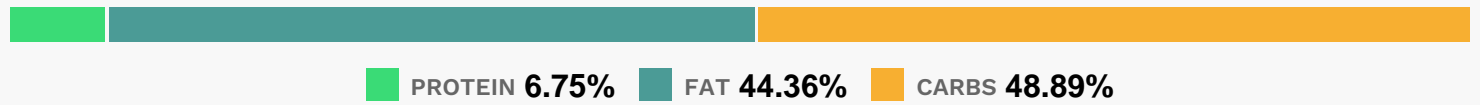
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 425°F with rack in middle.
- Peel potatoes and thinly slice (about 1/16 inch thick), then toss with butter, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
- Spread evenly in a 2-quart shallow baking dish and add broth. Cover tightly with foil and bake 30 minutes. Uncover and bake until top is well-browned and most of stock is absorbed, 30 to 35 minutes more.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.9452173528464%

Flavonoids

Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 192.63kcal (9.63%), Fat: 9.79g (15.07%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 21.71g (7.9%), Sugar: 1.98g (2.2%), Cholesterol: 25.08mg (8.36%), Sodium: 34.4mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Potassium: 707.66mg (20.22%), Vitamin C: 13mg (15.76%), Vitamin B6: 0.26mg (12.97%), Copper: 0.21mg (10.73%), Manganese: 0.21mg (10.68%), Fiber: 2.57g (10.28%), Phosphorus: 100.93mg (10.09%), Vitamin B3: 2.01mg (10.06%), Magnesium: 33.69mg (8.42%), Vitamin B1: 0.12mg (8.2%), Folate: 27.57µg (6.89%), Iron: 1.15mg (6.37%), Vitamin A: 302.13IU (6.04%), Vitamin K: 5.2µg (4.95%), Vitamin B5: 0.43mg (4.35%), Zinc: 0.53mg (3.53%), Vitamin B2: 0.06mg (3.34%), Vitamin E: 0.29mg (1.91%), Calcium: 18.71mg (1.87%), Selenium: 0.87µg (1.25%), Vitamin D: 0.17µg (1.17%)