



Potato Casserole I

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 10.8 ounce cream of chicken soup canned
- 6 servings pepper black to taste
- 1 onion chopped
- 8 potatoes diced peeled
- 6 servings salt to taste
- 0.3 cup cheddar cheese shredded
- 0.3 cup cream sour

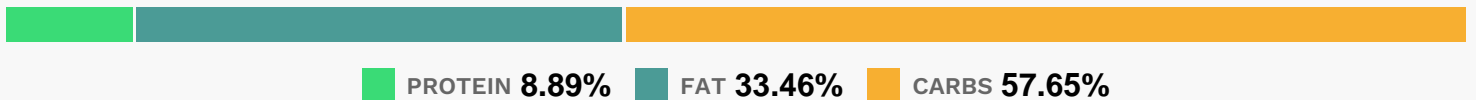
Equipment

- frying pan
- oven
- pot
- casserole dish

Directions

- Bring a large pot of salted water to a boil and add potatoes. Cook until tender, then drain water. While potatoes are cooking, heat a small skillet over medium heat. Melt butter and saute onion until golden brown. Set aside.
- Preheat oven to 350 degrees F (175 degrees C).
- Mash potatoes with cream of chicken soup and sour cream until smooth and creamy.
- Mix in onions, 3/4 cup cheese, salt, and pepper. Spoon into a 2 quart casserole dish and bake in preheated oven for 30 minutes.
- Sprinkle remaining 1/4 cup cheese over top and bake an additional 10 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:43.79, Glycemic Load:38.31, Inflammation Score:-7, Nutrition Score:16.758260796899%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 377.98kcal (18.9%), Fat: 14.34g (22.06%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 49.01g (17.82%), Sugar: 3.62g (4.02%), Cholesterol: 34.76mg (11.59%), Sodium: 662.73mg (28.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Vitamin C: 57.44mg (69.63%), Vitamin

B6: 0.87mg (43.38%), Potassium: 1266.54mg (36.19%), Fiber: 6.59g (26.34%), Manganese: 0.51mg (25.37%), Phosphorus: 214.22mg (21.42%), Copper: 0.38mg (19.18%), Magnesium: 71.78mg (17.94%), Vitamin B1: 0.25mg (16.41%), Vitamin B3: 3.23mg (16.15%), Iron: 2.82mg (15.66%), Folate: 51.8µg (12.95%), Vitamin B5: 1.02mg (10.24%), Vitamin B2: 0.16mg (9.38%), Calcium: 91.21mg (9.12%), Vitamin A: 442.28IU (8.85%), Vitamin K: 8.63µg (8.22%), Zinc: 1.22mg (8.11%), Selenium: 3.7µg (5.28%), Vitamin E: 0.6mg (3.99%), Vitamin B12: 0.09µg (1.44%)