



Potato Casserole with Caramelized Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



452 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 pounds baking potatoes cubed peeled
- ☐ 0.8 cup butter divided
- ☐ 4 cups chicken broth
- ☐ 4 large eggs lightly beaten
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 tablespoon sugar

- ☐ 6 large onions diced sweet
- ☐ 1 cup whipping cream

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Melt 1/4 cup butter in a large skillet over medium heat.
- ☐ Add olive oil, onions, and sugar. Cook, stirring often, 25 to 30 minutes or until onions are deep golden brown.
- ☐ Remove from heat, and set aside.
- ☐ Bring potatoes and chicken broth to a boil in a Dutch oven; cook 20 minutes or until tender.
- ☐ Drain. Reserve broth for another use, if desired.
- ☐ Add remaining 1/2 cup butter to potatoes; mash with potato masher until smooth.
- ☐ Whisk together whipping cream and next 3 ingredients; add to potato mixture, stirring until blended.
- ☐ Spoon 1/2 the potato mixture into a lightly greased 13- x 9-inch baking dish. Spoon caramelized onions evenly over potatoes. Spoon remaining potatoes evenly over onions.
- ☐ Bake at 350 for 30 to 35 minutes or until golden.
- ☐ Note: Casserole may be prepared a day ahead and refrigerated overnight.
- ☐ Remove from refrigerator 30 minutes before baking.
- ☐ Bake at 350 for 40 to 45 minutes or until golden brown.

Nutrition Facts



 **PROTEIN 7.16%**  **FAT 56.01%**  **CARBS 36.83%**

Properties

Glycemic Index:17.07, Glycemic Load:22.19, Inflammation Score:-8, Nutrition Score:13.908695718516%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 451.68kcal (22.58%), Fat: 28.89g (44.45%), Saturated Fat: 14.98g (93.64%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 39.28g (14.28%), Sugar: 11.88g (13.2%), Cholesterol: 127.79mg (42.6%), Sodium: 534.6mg (23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Vitamin B6: 0.78mg (39.02%), Potassium: 910.83mg (26.02%), Vitamin C: 16.85mg (20.43%), Manganese: 0.41mg (20.32%), Phosphorus: 193.45mg (19.35%), Folate: 69.43µg (17.36%), Vitamin A: 860.24IU (17.2%), Vitamin B2: 0.28mg (16.46%), Vitamin B1: 0.22mg (14.9%), Magnesium: 56.04mg (14.01%), Copper: 0.28mg (13.9%), Fiber: 3.46g (13.82%), Iron: 2.14mg (11.89%), Selenium: 8.31µg (11.88%), Calcium: 101.19mg (10.12%), Vitamin B5: 1.01mg (10.1%), Vitamin B3: 2.01mg (10.03%), Vitamin E: 1.49mg (9.91%), Vitamin K: 7.89µg (7.52%), Zinc: 1.05mg (6.98%), Vitamin D: 0.65µg (4.34%), Vitamin B12: 0.26µg (4.34%)