



## Potato Spinach Casserole

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup butter
- 10 ounce pkt spinach frozen thawed drained chopped
- 2 tablespoons green onions chopped
- 7 large potatoes cubed peeled
- 2 teaspoons salt
- 1 cup cheddar cheese shredded
- 1 cup heavy whipping cream sour

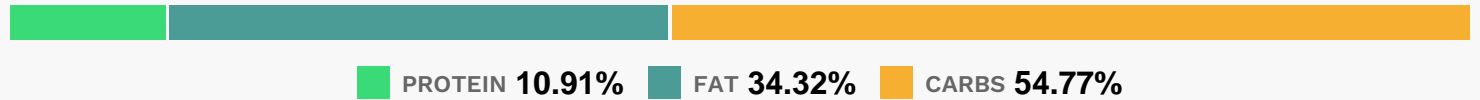
## Equipment

- bowl
- oven
- pot
- casserole dish

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 2 quart casserole dish.
- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender, about 15 minutes.
- Drain and mash.
- In a large bowl combine mashed potatoes, spinach, sour cream, butter, green onions, salt and pepper. Spoon into prepared dish.
- Bake for 15 minutes. Top with cheese and bake 5 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:28.09, Glycemic Load:41.42, Inflammation Score:-10, Nutrition Score:29.935217600802%

## Flavonoids

Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

## Nutrients (% of daily need)

Calories: 424.94kcal (21.25%), Fat: 16.63g (25.59%), Saturated Fat: 9.36g (58.51%), Carbohydrates: 59.73g (19.91%), Net Carbohydrates: 51.54g (18.74%), Sugar: 3.82g (4.24%), Cholesterol: 46.34mg (15.45%), Sodium: 774.12mg (33.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.79%), Vitamin K: 142.43µg (135.65%), Vitamin A: 4675IU (93.5%), Vitamin C: 66.1mg (80.12%), Vitamin B6: 1.04mg (51.81%), Potassium: 1535.52mg (43.87%), Manganese: 0.76mg (38%), Fiber: 8.19g (32.74%), Phosphorus: 290.3mg (29.03%), Folate: 108.92µg (27.23%), Magnesium: 108.09mg (27.02%), Calcium: 216.78mg (21.68%), Copper: 0.41mg (20.6%), Vitamin B1: 0.3mg (20.18%),

Vitamin B3: 3.63mg (18.14%), Iron: 3.27mg (18.14%), Vitamin B2: 0.3mg (17.47%), Selenium: 8.24µg (11.77%), Zinc: 1.76mg (11.75%), Vitamin B5: 1.15mg (11.54%), Vitamin E: 1.45mg (9.66%), Vitamin B12: 0.22µg (3.7%)