

# Potatoes Romanoff

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



360 kcal

SIDE DISH

## Ingredients

- 10 baking potatoes peeled cut into large pieces
- 6 spring onion chopped
- 1 pound processed cheese food cubed
- 1 pint cream sour

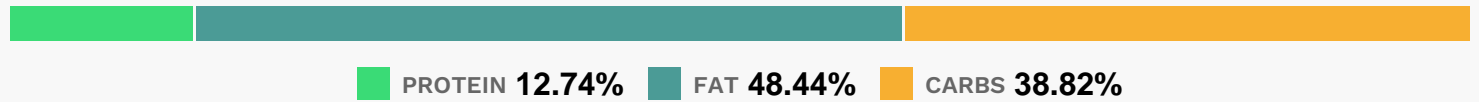
## Equipment

- oven
- pot
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender but still firm, about 15 minutes.
- Drain and mash.
- In a 9 x 13 inch casserole dish combine potatoes, sour cream, green onions and processed cheese.
- Bake in preheated oven for 30 minutes, or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:11.98, Glycemic Load:25.7, Inflammation Score:-6, Nutrition Score:14.568260991055%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 360.45kcal (18.02%), Fat: 19.82g (30.49%), Saturated Fat: 10.86g (67.85%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 33.28g (12.1%), Sugar: 3.44g (3.82%), Cholesterol: 61.06mg (20.35%), Sodium: 653.69mg (28.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Calcium: 462.22mg (46.22%), Phosphorus: 372.11mg (37.21%), Vitamin B6: 0.65mg (32.63%), Potassium: 855.92mg (24.45%), Vitamin K: 17.19µg (16.37%), Manganese: 0.31mg (15.41%), Selenium: 9.84µg (14.06%), Vitamin C: 11.6mg (14.06%), Magnesium: 55.8mg (13.95%), Vitamin A: 664.46IU (13.29%), Vitamin B2: 0.22mg (12.83%), Vitamin B12: 0.65µg (10.83%), Vitamin B1: 0.16mg (10.83%), Zinc: 1.61mg (10.73%), Copper: 0.21mg (10.61%), Iron: 1.88mg (10.45%), Fiber: 2.46g (9.85%), Vitamin B3: 1.93mg (9.67%), Folate: 34.08µg (8.52%), Vitamin B5: 0.82mg (8.24%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.23µg (1.51%)