



## Rich N Creamy Potato Casserole

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 medium potatoes
- 2 cups cream sour
- 2 cups cheddar cheese shredded
- 4 tablespoons butter divided melted
- 3 spring onion thinly sliced
- 1 teaspoon salt
- 0.3 teaspoon pepper

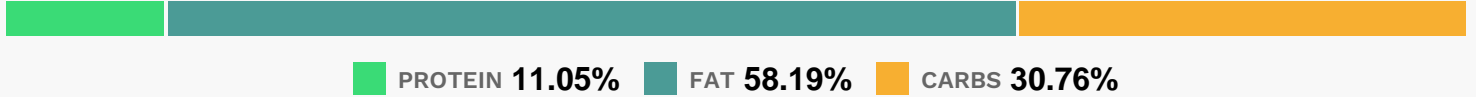
### Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15–20 minutes or until tender.
- Drain and cool. Peel and grate potatoes; place in a large bowl.
- Add the sour cream, cheddar cheese, 3 tablespoons butter, green onions, salt and pepper.
- Transfer to a greased 2-1/2-qt. baking dish.
- Drizzle with remaining butter.
- Bake, uncovered, at 350&deg; for 30–35 minutes or until heated through. Refrigerate any leftovers.

## Nutrition Facts



## Properties

Glycemic Index:22.48, Glycemic Load:16.56, Inflammation Score:-6, Nutrition Score:11.292608774227%

## Flavonoids

Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 323.12kcal (16.16%), Fat: 21.27g (32.73%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 22.39g (8.14%), Sugar: 2.73g (3.03%), Cholesterol: 61.78mg (20.59%), Sodium: 438.87mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Vitamin C: 26.27mg (31.84%), Calcium: 225.88mg (22.59%), Phosphorus: 214.07mg (21.41%), Vitamin B6: 0.41mg (20.7%), Potassium: 624.93mg (17.86%), Vitamin A: 691.7IU (13.83%), Vitamin B2: 0.22mg (13.1%), Selenium: 8.56µg (12.23%), Fiber: 2.92g (11.67%), Vitamin K: 11.59µg (11.03%), Manganese: 0.22mg (10.78%), Magnesium: 41.02mg (10.25%), Zinc: 1.37mg (9.15%), Vitamin B1: 0.12mg (8.02%), Copper: 0.16mg (7.88%), Folate: 30.43µg (7.61%), Vitamin B3: 1.42mg (7.12%), Vitamin B5: 0.64mg (6.36%), Iron: 1.13mg (6.26%), Vitamin B12: 0.35µg (5.76%), Vitamin E: 0.51mg (3.38%)