



Salmon and Potato Casserole

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups baking potatoes grated peeled
- 0.3 teaspoon pepper black freshly ground
- 4 servings optional: dill
- 2 large eggs
- 0.3 teaspoon kosher salt
- 0.5 cup onion vertically sliced
- 3.5 ounce salmon smoked

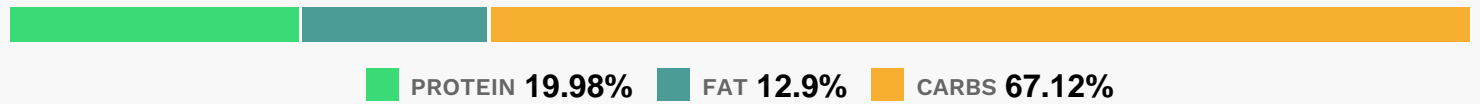
Equipment

- bowl
- frying pan
- oven
- cake form

Directions

- Place an 8-inch round metal cake pan in oven. Preheat oven to 425 (leave pan in oven).
- Combine potato and onion in a large bowl.
- Combine salt, pepper, cheese, and eggs in a bowl, stirring well. Stir egg mixture into potato mixture.
- Remove preheated pan from oven; carefully coat pan with cooking spray.
- Place potato mixture in pan; pack down slightly.
- Bake at 425 for 50 minutes or until golden.
- Let stand in pan 10 minutes. Invert potato mixture onto a plate.
- Cut into 8 wedges; top evenly with salmon and dill.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:32.41, Inflammation Score:-5, Nutrition Score:15.689130430636%

Flavonoids

Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 250.88kcal (12.54%), Fat: 3.65g (5.62%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 42.79g (14.26%), Net Carbohydrates: 39.49g (14.36%), Sugar: 2.34g (2.6%), Cholesterol: 98.71mg (32.9%), Sodium: 387.46mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Vitamin B6: 0.91mg (45.61%), Vitamin D: 4.74µg (31.61%), Potassium: 1047.79mg (29.94%), Selenium: 16.72µg (23.88%), Phosphorus: 220mg (22%), Manganese: 0.41mg (20.39%), Vitamin B3: 3.54mg (17.72%), Vitamin C: 14.39mg (17.44%), Vitamin B12: 1.03µg

(17.19%), Copper: 0.32mg (15.83%), Magnesium: 61.49mg (15.37%), Iron: 2.65mg (14.7%), Vitamin B1: 0.21mg (13.97%), Fiber: 3.3g (13.19%), Vitamin B5: 1.3mg (13.03%), Vitamin B2: 0.22mg (12.91%), Folate: 47.72µg (11.93%), Zinc: 1.09mg (7.26%), Calcium: 51.43mg (5.14%), Vitamin K: 4.43µg (4.22%), Vitamin E: 0.63mg (4.17%), Vitamin A: 167.63IU (3.35%)