



Slow Cooker Cheesy Mushroom Potatoes



Vegetarian



Gluten Free

READY IN



270 min.

SERVINGS



10

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion minced
- ☐ 4 cups cheddar cheese shredded
- ☐ 0.5 pound mushrooms white sliced

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5 large yukon gold potatoes sliced quartered

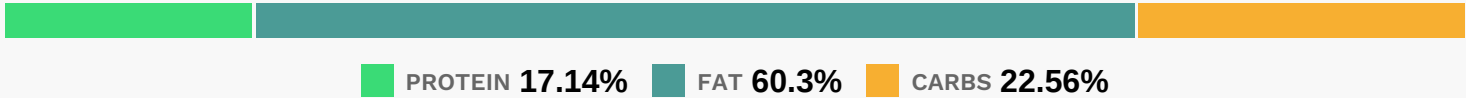
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat olive oil and 1 teaspoon butter in a skillet over medium heat. Cook and stir mushrooms in butter until tender and browned, about 10 minutes.
- ☐ Stir cooked mushrooms, potatoes, Cheddar cheese, milk, onion, 2 tablespoons butter, garlic salt, and black pepper together in a slow cooker.
- ☐ Cook on High until potatoes are tender and Cheddar cheese is melted, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:28.98, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:11.942608594894%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 308.73kcal (15.44%), Fat: 20.99g (32.29%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 15.49g (5.63%), Sugar: 2.02g (2.24%), Cholesterol: 52.68mg (17.56%), Sodium: 1022.35mg (44.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.85%), Calcium: 347.72mg (34.77%), Phosphorus: 289.2mg (28.92%), Selenium: 15.44µg (22.06%), Vitamin C: 17.52mg (21.23%), Vitamin B2: 0.34mg (19.8%), Vitamin B6: 0.32mg (15.9%), Potassium: 490.42mg (14.01%), Zinc: 2.09mg (13.9%), Vitamin A: 544.69IU (10.89%), Vitamin B12: 0.56µg (9.31%), Copper: 0.18mg (9.09%), Magnesium: 35.82mg (8.95%), Vitamin B3: 1.76mg (8.79%), Fiber: 2.18g (8.71%), Vitamin B5: 0.83mg (8.32%), Manganese: 0.16mg (7.95%), Vitamin B1: 0.11mg (7.22%), Folate: 27.8µg (6.95%), Vitamin E: 0.83mg (5.5%), Iron: 0.88mg (4.91%), Vitamin K: 4.72µg (4.49%), Vitamin D: 0.45µg (3.01%)