



Smashed Potato-and-Broccoli Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds baking potatoes halved
- ☐ 1 cup broccoli chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 8 ounce cup heavy whipping cream fat-free sour

☐ 1.5 teaspoons or dried fresh chopped

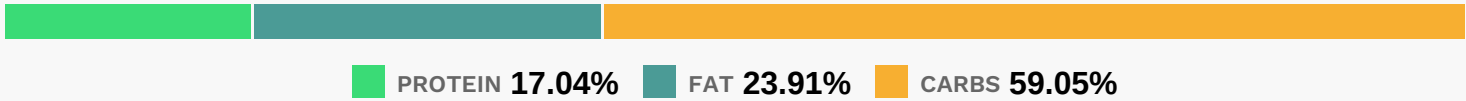
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ colander

Directions

- ☐ Preheat oven to 37
- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or until tender.
- ☐ Drain potatoes in a colander over a bowl, reserving 1 cup cooking liquid. Return potatoes and liquid to pan; mash with a potato masher until slightly chunky.
- ☐ Add chopped broccoli and next 6 ingredients (broccoli through sour cream) to pan, and stir well. Spoon potato mixture into an 11- x 7-inch baking dish coated with cooking spray; bake at 375 for 35 minutes.
- ☐ Sprinkle with cheddar cheese; bake an additional 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:22.05, Inflammation Score:-6, Nutrition Score:12.779130466606%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg,

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Nutrients (% of daily need)

Calories: 244.86kcal (12.24%), Fat: 6.66g (10.25%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 34.39g (12.51%), Sugar: 2.01g (2.24%), Cholesterol: 23.98mg (7.99%), Sodium: 379.09mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.36%), Vitamin B6: 0.59mg (29.5%), Vitamin C: 22.84mg (27.69%), Calcium: 237.94mg (23.79%), Phosphorus: 236.83mg (23.68%), Potassium: 790.97mg (22.6%), Vitamin K: 18.25µg (17.38%), Selenium: 10.51µg (15.01%), Manganese: 0.3mg (15%), Vitamin B2: 0.23mg (13.48%), Magnesium: 51.09mg (12.77%), Vitamin B1: 0.17mg (11.02%), Folate: 42.81µg (10.7%), Fiber: 2.62g (10.48%), Zinc: 1.52mg (10.11%), Copper: 0.19mg (9.37%), Iron: 1.68mg (9.31%), Vitamin A: 442.89IU (8.86%), Vitamin B3: 1.73mg (8.67%), Vitamin B5: 0.66mg (6.64%), Vitamin B12: 0.32µg (5.39%), Vitamin E: 0.27mg (1.77%)