



## Twice-Baked Potato Casserole

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



14

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2.5 lb baking potatoes peeled cut into fourths
- 0.5 cup milk
- 1 teaspoon salt
- 0.1 teaspoon pepper
- 0.5 cup cream sour
- 3 tablespoons chives fresh chopped
- 6 oz cheddar cheese shredded finely

### Equipment

- frying pan
- sauce pan
- oven
- baking pan
- potato masher
- glass baking pan

## Directions

- In 4-quart saucepan, place potato pieces and add enough water to cover.
- Heat to boiling; reduce heat to medium-low. Cook uncovered 15 to 20 minutes or until tender.
- Drain and return to saucepan.
- Heat potatoes over low heat about 1 minute to dry potatoes, shaking pan often to keep potatoes from sticking and burning. (This will help make mashed potatoes fluffy.)
- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- Add milk, salt and pepper to potatoes. Mash with potato masher until no lumps remain. Beat in sour cream, chives and 1/2 cup of the cheese. Spoon into baking dish.
- Sprinkle with remaining 1 cup cheese.
- Bake uncovered 10 to 15 minutes or until thoroughly heated and cheese is melted.

## Nutrition Facts



**PROTEIN 14.71%** **FAT 39.61%** **CARBS 45.68%**

## Properties

Glycemic Index:16.2, Glycemic Load:11.75, Inflammation Score:-3, Nutrition Score:5.5365217068921%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 135.29kcal (6.76%), Fat: 6.07g (9.34%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 14.69g (5.34%), Sugar: 1.25g (1.39%), Cholesterol: 18.04mg (6.01%), Sodium: 255.5mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Vitamin B6: 0.3mg (14.87%), Calcium: 116.22mg (11.62%), Phosphorus: 115.64mg (11.56%), Potassium: 372.63mg (10.65%), Manganese: 0.13mg (6.74%), Vitamin B2: 0.11mg (6.29%), Vitamin C: 5.06mg (6.14%), Selenium: 4.24µg (6.06%), Magnesium: 24.08mg (6.02%), Vitamin B1: 0.08mg (5.13%), Zinc: 0.75mg (4.99%), Copper: 0.09mg (4.52%), Vitamin B3: 0.87mg (4.33%), Vitamin A: 215.92IU (4.32%), Fiber: 1.07g (4.29%), Iron: 0.74mg (4.08%), Folate: 15.06µg (3.77%), Vitamin B5: 0.36mg (3.56%), Vitamin B12: 0.19µg (3.22%), Vitamin K: 3.3µg (3.14%), Vitamin D: 0.17µg (1.13%)