



Two-Cheese and Rosemary Mashed Potato Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon rosemary dried crumbled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 ounces havarti cheese shredded
- ☐ 2 tablespoons butter softened
- ☐ 0.8 cup milk
- ☐ 10 medium potatoes peeled cut into 1- to 1 1/2-inch pieces (8 cups)
- ☐ 0.5 teaspoon salt

- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 0.5 cup cream sour

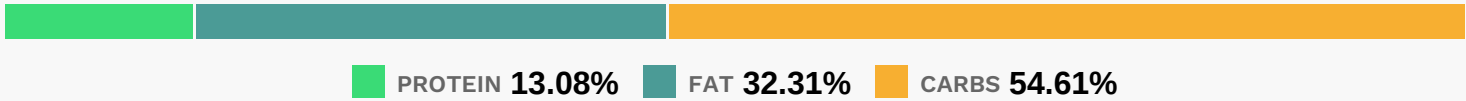
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 350F. Grease 1 1/2-quart casserole.
- ☐ Place potatoes in 4-quart Dutch oven; add enough water (salted if desired) to cover. Cover and heat to boiling; reduce heat. Simmer about 10 minutes or until potatoes are tender; drain. Shake potatoes in Dutch oven over low heat to dry.
- ☐ In large bowl, mash potatoes until no lumps remain.
- ☐ Add milk in small amounts, beating after each addition (amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes used).
- ☐ Add sour cream, margarine, rosemary and salt. Beat vigorously until potatoes are light and fluffy. Stir in Havarti cheese. Spoon into casserole.
- ☐ Sprinkle with Cheddar cheese.
- ☐ Bake uncovered 30 to 35 minutes or until hot.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:23.01, Inflammation Score:-5, Nutrition Score:11.602608613346%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 233.24kcal (11.66%), Fat: 8.53g (13.12%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 28.52g (10.37%), Sugar: 2.46g (2.74%), Cholesterol: 20.52mg (6.84%), Sodium: 240.75mg (10.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.53%), Vitamin C: 35.55mg (43.09%), Vitamin B6: 0.55mg (27.46%), Potassium: 794.99mg (22.71%), Phosphorus: 196.32mg (19.63%), Fiber: 3.92g (15.67%), Calcium: 141.78mg (14.18%), Manganese: 0.28mg (14.01%), Magnesium: 47.68mg (11.92%), Vitamin B1: 0.16mg (10.61%), Copper: 0.2mg (10.19%), Vitamin B3: 1.91mg (9.56%), Folate: 36.18µg (9.04%), Vitamin K: 9.14µg (8.71%), Vitamin B2: 0.15mg (8.66%), Iron: 1.44mg (7.98%), Zinc: 1.16mg (7.76%), Vitamin B5: 0.67mg (6.69%), Vitamin A: 321.91IU (6.44%), Vitamin B12: 0.29µg (4.76%), Selenium: 3.32µg (4.74%), Vitamin E: 0.24mg (1.58%), Vitamin D: 0.22µg (1.47%)