



Au Gratin Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



407 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups oatmeal cornflakes crushed
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 32 ounce hash browns frozen southern-style
- ☐ 1 small onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces cheddar cheese shredded
- ☐ 16 ounce cream sour

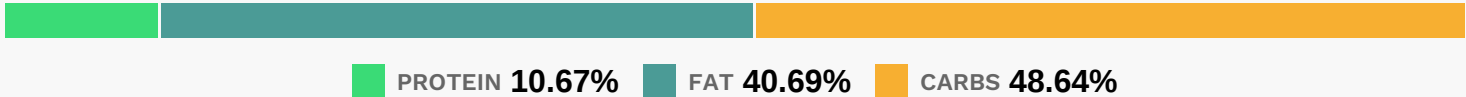
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 6 ingredients in a large bowl.
- ☐ Spoon potato mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle evenly with crushed cornflakes, and drizzle evenly with butter.
- ☐ Bake at 325 for 1 hour and 20 minutes or until bubbly.
- ☐ Note: For testing purposes only, we used Ore-Ida Southern Style Hash Browns.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:21.710435043211%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 406.55kcal (20.33%), Fat: 18.84g (28.98%), Saturated Fat: 10.35g (64.71%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 48.14g (17.51%), Sugar: 5.35g (5.94%), Cholesterol: 52.64mg (17.55%), Sodium: 650.12mg (28.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.24%), Iron: 12.39mg (68.82%), Vitamin B2: 0.78mg (45.61%), Vitamin B3: 8.6mg (42.99%), Vitamin B1: 0.62mg (41.52%), Vitamin B6: 0.82mg (40.88%), Vitamin B12: 2.3µg (38.33%), Folate: 153.07µg (38.27%), Vitamin A: 1247.63IU (24.95%), Phosphorus: 201.3mg (20.13%), Calcium: 185.01mg (18.5%), Vitamin C: 15.25mg (18.49%), Selenium: 10.33µg (14.75%), Manganese: 0.27mg (13.58%), Zinc: 1.67mg (11.1%), Potassium: 385.71mg (11.02%), Copper: 0.22mg (10.98%), Vitamin D: 1.53µg (10.22%), Fiber: 2.52g (10.08%), Magnesium: 35.1mg (8.78%), Vitamin B5: 0.6mg (6.01%), Vitamin E: 0.44mg (2.96%), Vitamin K: 1.44µg (1.37%)