



Au Gratin Potatoes II

READY IN



80 min.

SERVINGS



6

CALORIES



542 kcal

SIDE DISH

Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup canned
- 1 cup cornflakes cereal
- 0.5 cup green onions chopped
- 4.5 cups potatoes shredded peeled
- 2 cups cheddar cheese shredded
- 1 cup cup heavy whipping cream sour
- 0.5 cup butter unsalted melted

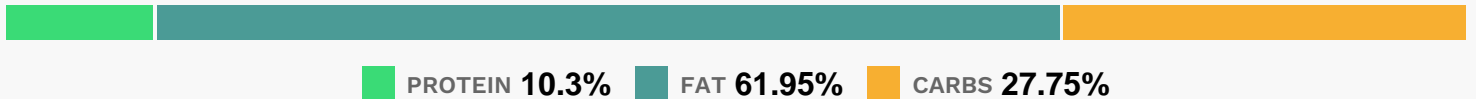
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray one 8 inch square baking dish with vegetable cooking spray.
- In a large bowl, stir together the sour cream and soup.
- Add grated potatoes, cheese, and onions.
- Mix well, and pour into the prepared baking dish. Cover the dish with a lid or aluminum foil.
- Bake for 45 minutes in the preheated oven. In a small bowl, mix together the melted butter and cornflakes.
- Sprinkle over the top of the potatoes, and return to the oven.
- Bake uncovered, for an additional 20 minutes or until bubbly and corn flakes are golden brown.
- Remove from the oven and sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:20.52, Inflammation Score:-8, Nutrition Score:19.164347959601%

Flavonoids

Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 542.39kcal (27.12%), Fat: 38.03g (58.51%), Saturated Fat: 21.44g (133.99%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 34.19g (12.43%), Sugar: 3.99g (4.44%), Cholesterol: 106.54mg (35.51%), Sodium: 567.2mg (24.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.45%), Vitamin C: 34.02mg (41.24%), Calcium: 350.95mg (35.09%), Phosphorus: 319.04mg (31.9%), Vitamin K: 31.78µg (30.27%), Vitamin B6:

0.6mg (30.03%), Vitamin A: 1401.78IU (28.04%), Potassium: 825.15mg (23.58%), Vitamin B2: 0.38mg (22.63%), Selenium: 14.09µg (20.13%), Manganese: 0.37mg (18.62%), Iron: 3.05mg (16.92%), Fiber: 4.14g (16.56%), Vitamin B1: 0.22mg (14.96%), Folate: 58.99µg (14.75%), Magnesium: 56.63mg (14.16%), Zinc: 2.12mg (14.15%), Vitamin B3: 2.74mg (13.68%), Copper: 0.27mg (13.3%), Vitamin B12: 0.77µg (12.76%), Vitamin B5: 1.26mg (12.56%), Vitamin E: 1.64mg (10.93%), Vitamin D: 0.68µg (4.52%)