



## Bacon-Ranch-Potato Casserole

READY IN



50 min.

SERVINGS



12

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb bacon cut into small pieces
- 3 tablespoons butter
- 1 cup onion chopped (2 medium)
- 0.3 cup flour all-purpose
- 1.5 cups chicken broth (from 32-oz carton)
- 1 oz ranch seasoning (milk recipe)
- 8 oz cheddar cheese shredded
- 26 oz hash browns shredded frozen
- 0.5 cup cream sour

- 3 cups corn flakes/bran flakes whole grain total®
- 2 tablespoons butter melted
- 1 cup frangelico

## Equipment

- frying pan
- paper towels
- oven
- whisk
- baking pan
- aluminum foil
- measuring cup
- dutch oven
- glass baking pan

## Directions

- Heat oven to 350°F. In 10-inch skillet, cook bacon over medium heat until crisp.
- Remove bacon from skillet to paper towel-lined plate to drain. Set aside.
- In 4-quart Dutch oven, melt 3 tablespoons butter.
- Add onions; cook about 5 minutes, stirring occasionally, until soft and translucent. Stir in flour; cook and stir 1 minute.
- In 4-cup measuring cup, mix broth and half-and-half. Gradually add broth mixture to onion mixture, cooking and stirring with whisk about 3 minutes or until mixture begins to thicken. Stir in dressing mix and cheese; cook until cheese is melted.
- Add frozen potatoes; cook and stir 2 to 3 minutes or until potatoes begin to thaw. Stir in sour cream and reserved bacon.
- Pour into ungreased 13x9-inch (3-quart) glass baking dish.
- Top mixture evenly with cereal.
- Drizzle 2 tablespoons melted butter over top.
- Bake 30 minutes. If cereal begins to get too brown, cover baking dish with foil.

# Nutrition Facts

PROTEIN 12.05% FAT 57.91% CARBS 30.04%

## Properties

Glycemic Index:27.69, Glycemic Load:9.44, Inflammation Score:-7, Nutrition Score:12.706956588704%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 323.03kcal (16.15%), Fat: 21.21g (32.63%), Saturated Fat: 10.26g (64.13%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 21.77g (7.92%), Sugar: 2.95g (3.28%), Cholesterol: 50.16mg (16.72%), Sodium: 643.46mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Manganese: 0.5mg (25%), Selenium: 16.06µg (22.95%), Iron: 3.69mg (20.48%), Phosphorus: 204.08mg (20.41%), Folate: 81.17µg (20.29%), Vitamin B1: 0.28mg (18.81%), Vitamin B3: 3.71mg (18.53%), Vitamin B2: 0.3mg (17.6%), Calcium: 160.82mg (16.08%), Vitamin B6: 0.31mg (15.4%), Vitamin B12: 0.83µg (13.85%), Vitamin A: 652.7IU (13.05%), Fiber: 2.99g (11.95%), Zinc: 1.64mg (10.96%), Magnesium: 40.3mg (10.08%), Potassium: 321.25mg (9.18%), Vitamin C: 6.11mg (7.41%), Copper: 0.14mg (7%), Vitamin B5: 0.54mg (5.37%), Vitamin D: 0.52µg (3.46%), Vitamin E: 0.49mg (3.25%), Vitamin K: 1.21µg (1.15%)