



WHATSheATE



Bacon-Ranch-Potato Casserole

READY IN



50 min.

SERVINGS



12

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 lb bacon cut into small pieces
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons butter
- ☐ 3 cups corn flakes/bran flakes whole grain total®
- ☐ 1.5 cups chicken broth (from 32-oz carton)
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup half and half
- ☐ 26 oz hash browns shredded frozen
- ☐ 1 cup onion chopped (2 medium)

- ☐ 1 oz ranch seasoning (milk recipe)
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.5 cup cream sour

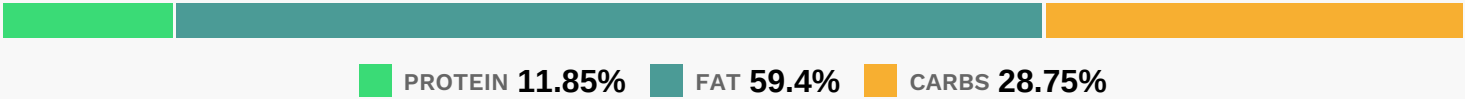
Equipment

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

Directions

- ☐ Heat oven to 350F. 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



Properties

Glycemic Index:27.69, Glycemic Load:9.44, Inflammation Score:-7, Nutrition Score:13.30913034211%

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: 349.45kcal (17.47%), Fat: 23.53g (36.2%), Saturated Fat: 11.68g (72.99%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 22.64g (8.23%), Sugar: 3.78g (4.2%), Cholesterol: 57.22mg (19.07%), Sodium: 655.77mg (28.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Manganese: 0.5mg (25.01%), Selenium: 16.71µg (23.87%), Phosphorus: 223.24mg (22.32%), Iron: 3.7mg (20.54%), Folate: 81.78µg (20.44%), Vitamin B2: 0.34mg (19.9%), Vitamin B1: 0.29mg (19.22%), Vitamin B3: 3.73mg (18.64%), Calcium: 182.4mg (18.24%), Vitamin B6: 0.32mg (15.9%), Vitamin B12: 0.87µg (14.48%), Vitamin A: 724.09IU (14.48%), Fiber: 2.99g (11.95%), Zinc: 1.72mg (11.48%), Magnesium: 42.32mg (10.58%), Potassium: 347.87mg (9.94%), Vitamin C: 6.29mg (7.63%), Copper: 0.14mg (7.09%), Vitamin B5: 0.6mg (5.95%), Vitamin E: 0.54mg (3.59%), Vitamin D: 0.52µg (3.46%), Vitamin K: 1.47µg (1.4%)