



## Baked Hash Brown Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 slices oscar mayer bacon cut into 1/2-inch pieces
- 1.3 cups milk colby & monterey jack cheeses shredded 2% divided kraft
- 10 oz cream of mushroom soup reduced-fat reduced-sodium canned
- 1 cup knudsen cream light sour
- 30 oz ore-ida hash brown potatoes shredded thawed
- 1 onion chopped
- 1 bell pepper red chopped

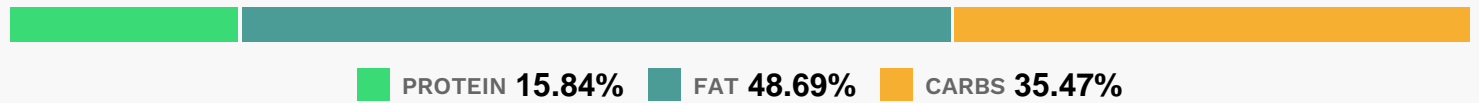
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Cook bacon, onions and peppers in large skillet on medium-high heat 5 min. or until bacon is crisp, stirring occasionally.
- Transfer to large bowl.
- Add potatoes, soup, sour cream and 1 cup cheese; mix lightly. Spoon into 13x9-inch baking dish; top with remaining cheese.
- Bake 40 to 45 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:9.36, Inflammation Score:-8, Nutrition Score:16.964782766674%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

## Nutrients (% of daily need)

Calories: 455.03kcal (22.75%), Fat: 24.96g (38.4%), Saturated Fat: 13.02g (81.39%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 37.55g (13.65%), Sugar: 2.21g (2.45%), Cholesterol: 61.9mg (20.63%), Sodium: 795.26mg (34.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.55%), Vitamin C: 46.45mg (56.31%), Phosphorus: 317.77mg (31.78%), Calcium: 317.79mg (31.78%), Vitamin A: 1231.03IU (24.62%), Manganese: 0.48mg (23.97%), Potassium: 812.83mg (23.22%), Vitamin B3: 4.37mg (21.85%), Vitamin B1: 0.27mg (18.08%), Vitamin B6: 0.35mg (17.42%), Zinc: 2.53mg (16.86%), Vitamin B2: 0.28mg (16.31%), Copper: 0.32mg (16.15%), Selenium: 10.39µg (14.85%), Iron: 2.57mg (14.26%), Fiber: 3.37g (13.47%), Magnesium: 43.03mg (10.76%), Vitamin B12: 0.65µg (10.76%), Vitamin B5: 0.93mg (9.27%), Folate: 36.9µg (9.23%), Vitamin E: 0.69mg (4.58%), Vitamin D:

0.36µg (2.4%), Vitamin K: 2.38µg (2.26%)