

Baked Hash Browns

 **Gluten Free**

READY IN



60 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon garlic powder
- 8 hash browns frozen
- 1 cup cup heavy whipping cream
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded

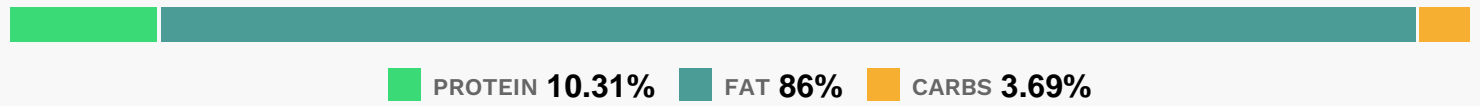
Equipment

- oven
- baking pan

Directions

- Place patties in a greased 13-in. x 9-in. baking dish.
- Sprinkle with salt and garlic powder.
- Pour cream over patties.
- Bake, uncovered, at 350° for 50 minutes.
- Sprinkle with cheese.
- Bake 5–10 minutes longer or until potatoes are tender and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:3.0430434640983%

Nutrients (% of daily need)

Calories: 160.42kcal (8.02%), Fat: 15.57g (23.95%), Saturated Fat: 9.57g (59.79%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.92g (1.02%), Cholesterol: 47.79mg (15.93%), Sodium: 391.75mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Calcium: 120.28mg (12.03%), Vitamin A: 579.36IU (11.59%), Phosphorus: 83.42mg (8.34%), Selenium: 4.95µg (7.08%), Vitamin B2: 0.12mg (6.99%), Zinc: 0.6mg (4%), Vitamin D: 0.56µg (3.74%), Vitamin B12: 0.2µg (3.3%), Vitamin E: 0.38mg (2.54%), Magnesium: 6.17mg (1.54%), Vitamin B5: 0.14mg (1.39%), Potassium: 44.32mg (1.27%), Vitamin K: 1.29µg (1.23%), Vitamin B6: 0.02mg (1.21%), Folate: 4.29µg (1.07%)