

Breakfast Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 1 cup roasted chicken cubed cooked
- 10.8 ounce cream of chicken soup canned
- 1 cup seasoning cubes diced
- 2 pound hash browns frozen thawed
- 1 onion chopped
- 1 cup potato chips crushed
- 0.8 cup cheddar cheese shredded

16 ounce cream sour

Equipment

oven

baking pan

Directions

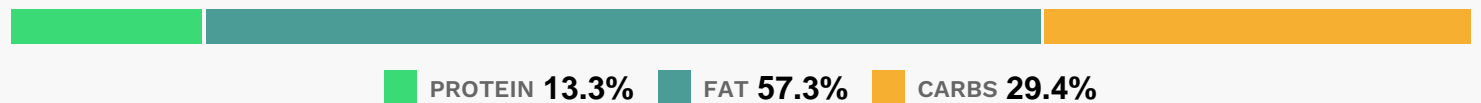
Combine undiluted soup, sour cream, hash browns, cubed chicken and ham, onions, and cheese.

Pour into a lightly greased 9 x 13 inch pan.

Bake at 350 degrees F (175 degrees C) for 30 minutes. Top with crumbs, and drizzle with melted butter or margarine.

Bake for another 15 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:7.27, Inflammation Score:-6, Nutrition Score:11.340000024308%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 440.14kcal (22.01%), Fat: 28.55g (43.92%), Saturated Fat: 12.92g (80.76%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 30.81g (11.2%), Sugar: 3.05g (3.39%), Cholesterol: 83.1mg (27.7%), Sodium: 680.27mg (29.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.81%), Phosphorus: 212.26mg (21.23%), Vitamin B3: 4mg (19.99%), Potassium: 610.23mg (17.44%), Vitamin C: 13.16mg (15.95%), Calcium: 158.03mg (15.8%), Selenium: 10.87µg (15.53%), Manganese: 0.29mg (14.5%), Vitamin A: 713.44IU (14.27%), Vitamin B6: 0.27mg (13.7%), Vitamin B5: 1.33mg (13.3%), Vitamin B2: 0.22mg (12.74%), Vitamin E: 1.77mg (11.82%), Iron: 2.04mg (11.34%), Vitamin B1: 0.17mg (11.3%), Copper: 0.21mg (10.75%), Zinc: 1.34mg (8.91%), Fiber: 2.15g (8.6%), Magnesium: 34.41mg (8.6%), Vitamin K: 5.57µg (5.3%), Vitamin B12: 0.29µg (4.9%), Folate: 17.71µg (4.43%)