



Cheddar Broccoli Hash Brown Bake

 **Gluten Free**

READY IN



55 min.

SERVINGS



12

CALORIES



238 kcal

SIDE DISH

Ingredients

- 18 oz potatoes traditional canned
- 8 oz cream gluten-free sour
- 0.8 teaspoon salt
- 8 oz sharp cheddar cheese gluten-free shredded
- 30 oz hash browns gluten-free shredded frozen thawed (6 cups)
- 8 slices bacon gluten-free crumbled cooked
- 1 serving bacon crumbled cooked

Equipment

- bowl
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, whisk together soup and sour cream. Stir in 1 1/2 cups of the cheese, potatoes and bacon until well mixed. Spoon into baking dish.
- Bake 35 to 45 minutes or until hot in center and bubbly around edges, adding remaining cheese during last 5 minutes of baking.
- Sprinkle with additional bacon.

Nutrition Facts

PROTEIN 15.3% **FAT 49.15%** **CARBS 35.55%**

Properties

Glycemic Index:11.81, Glycemic Load:9.15, Inflammation Score:-4, Nutrition Score:8.2408695765164%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 238kcal (11.9%), Fat: 13.17g (20.26%), Saturated Fat: 6.55g (40.92%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 19.51g (7.09%), Sugar: 1.04g (1.15%), Cholesterol: 36.54mg (12.18%), Sodium: 394.69mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.45%), Phosphorus: 181.81mg (18.18%), Vitamin C: 14.36mg (17.4%), Calcium: 165.67mg (16.57%), Selenium: 9.46µg (13.52%), Potassium: 449.47mg (12.84%), Vitamin B6: 0.24mg (12.07%), Vitamin B3: 2.29mg (11.44%), Vitamin B1: 0.15mg (9.8%), Vitamin B2: 0.15mg (8.97%), Manganese: 0.17mg (8.71%), Zinc: 1.21mg (8.09%), Fiber: 1.93g (7.71%), Magnesium: 26.45mg (6.61%), Copper: 0.13mg (6.61%), Iron: 1.13mg (6.27%), Vitamin A: 310.62IU (6.21%), Vitamin B5: 0.57mg (5.66%), Vitamin B12: 0.31µg (5.12%), Folate: 14.74µg (3.69%), Vitamin E: 0.25mg (1.65%), Vitamin K: 1.54µg (1.47%)