



## Cheddar Broccoli Hash Brown Bake

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



322 kcal

SIDE DISH

### Ingredients

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

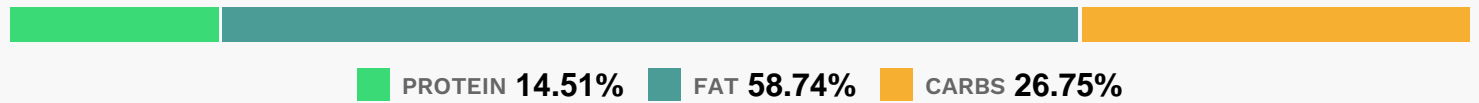
### Equipment

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

## Directions

- Heat oven to 350F. 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



## Properties

Glycemic Index:11.81, Glycemic Load:9.15, Inflammation Score:-4, Nutrition Score:9.4839130380879%

## 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: 322.09kcal (16.1%), Fat: 21.17g (32.58%), Saturated Fat: 9.23g (57.68%), Carbohydrates: 21.7g (7.23%), Net Carbohydrates: 19.77g (7.19%), Sugar: 1.04g (1.15%), Cholesterol: 49.85mg (16.62%), Sodium: 528.19mg (22.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.54%), Phosphorus: 210.85mg (21.08%), Selenium: 13.51µg (19.31%), Vitamin C: 14.36mg (17.4%), Calcium: 166.68mg (16.67%), Vitamin B3: 3.1mg (15.5%), Vitamin B6: 0.29mg (14.75%), Potassium: 489.4mg (13.98%), Vitamin B1: 0.2mg (13.51%), Vitamin B2: 0.17mg (9.93%), Zinc: 1.45mg (9.68%), Manganese: 0.18mg (8.82%), Fiber: 1.93g (7.71%), Magnesium: 28.87mg (7.22%), Copper: 0.14mg (7.03%), Vitamin B12: 0.41µg (6.8%), Vitamin B5: 0.68mg (6.78%), Iron: 1.21mg (6.73%), Vitamin A: 318.08IU (6.36%), Folate: 14.74µg (3.69%), Vitamin E: 0.33mg (2.23%), Vitamin D: 0.22µg (1.48%), Vitamin K: 1.54µg (1.47%)