



Cheesy Ham and Hash Brown Casserole

 **Gluten Free**  **Popular**

READY IN



75 min.

SERVINGS



12

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 21.5 ounce condensed cream of potato soup canned
- 8 ounces ham diced cooked
- 32 ounce hash brown potatoes frozen
- 1.5 cups parmesan cheese grated
- 2 cups sharp cheddar cheese shredded
- 16 ounce cup heavy whipping cream sour

Equipment

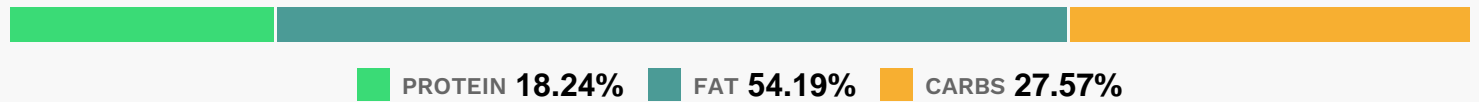
- bowl

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, and Cheddar cheese.
- Spread evenly into prepared dish.
- Sprinkle with Parmesan cheese.
- Bake 1 hour in the preheated oven, or until bubbly and lightly brown.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.83, Glycemic Load:3.95, Inflammation Score:-4, Nutrition Score:9.2086956449177%

Nutrients (% of daily need)

Calories: 316.52kcal (15.83%), Fat: 19.33g (29.75%), Saturated Fat: 9.99g (62.42%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 20.87g (7.59%), Sugar: 2.55g (2.84%), Cholesterol: 64.67mg (21.56%), Sodium: 923.94mg (40.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.29%), Calcium: 297.52mg (29.75%), Phosphorus: 248.56mg (24.86%), Selenium: 12.3µg (17.56%), Manganese: 0.28mg (13.97%), Vitamin B2: 0.22mg (12.65%), Zinc: 1.77mg (11.8%), Vitamin A: 566.86IU (11.34%), Potassium: 355.57mg (10.16%), Copper: 0.19mg (9.72%), Vitamin B5: 0.85mg (8.45%), Vitamin C: 6.54mg (7.93%), Vitamin B12: 0.47µg (7.8%), Vitamin B3: 1.53mg (7.66%), Vitamin B1: 0.1mg (6.93%), Iron: 1.17mg (6.49%), Vitamin B6: 0.12mg (5.98%), Magnesium: 22.06mg (5.52%), Fiber: 1.26g (5.05%), Folate: 11.01µg (2.75%), Vitamin E: 0.38mg (2.56%), Vitamin K: 1.79µg (1.7%), Vitamin D: 0.18µg (1.17%)