



Cheesy Hash Brown Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup beef broth
- 2 tablespoons butter melted
- 1 cup colby-jack cheese shredded
- 10.8 ounce cream of chicken soup undiluted canned
- 1 teaspoon garlic minced
- 30 ounce hash browns shredded frozen
- 1.5 cups milk
- 1 large onion minced

- 0.5 teaspoon pepper
- 1.5 teaspoons salt
- 5 ounce swiss cheese shredded

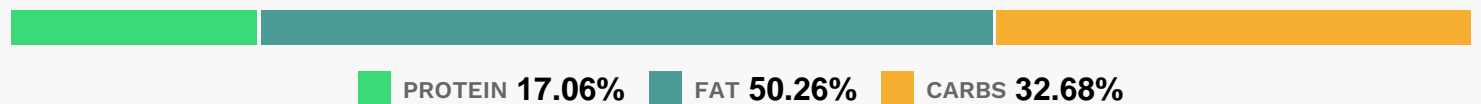
Equipment

- bowl
- oven
- baking pan

Directions

- Combine hash browns and next 4 ingredients in a large bowl.
- Stir together milk and next 5 ingredients; pour over hash brown mixture.
- Pour into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 45 to 55 minutes or until golden.
- Pepper Jack-Potato Casserole: Omit colby-Jack and Swiss cheeses, onion, and beef broth. Substitute 1 (8-ounce) package Monterey Jack cheese with peppers, shredded. Proceed as directed.
- Bake at 350 for 45 to 50 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:10.49, Inflammation Score:-6, Nutrition Score:14.569999943609%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 424.09kcal (21.2%), Fat: 24.01g (36.94%), Saturated Fat: 13.41g (83.78%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 32.66g (11.88%), Sugar: 4.39g (4.88%), Cholesterol: 64.29mg (21.43%), Sodium: 1274.41mg

(55.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.67%), Calcium: 467.35mg (46.73%), Phosphorus: 392.12mg (39.21%), Vitamin B12: 1.25µg (20.79%), Selenium: 13.24µg (18.92%), Potassium: 617.84mg (17.65%), Vitamin B2: 0.29mg (17.34%), Vitamin C: 13.68mg (16.58%), Zinc: 2.46mg (16.39%), Manganese: 0.31mg (15.66%), Vitamin A: 724.1IU (14.48%), Vitamin B3: 2.85mg (14.24%), Vitamin B1: 0.2mg (13.16%), Iron: 2.24mg (12.46%), Copper: 0.24mg (12.01%), Vitamin B6: 0.23mg (11.66%), Magnesium: 41.88mg (10.47%), Fiber: 2.46g (9.85%), Vitamin B5: 0.98mg (9.76%), Vitamin D: 0.8µg (5.35%), Folate: 18.11µg (4.53%), Vitamin E: 0.62mg (4.16%), Vitamin K: 3.9µg (3.71%)