



Cheesy Hash Browns

READY IN



60 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 1.5 cups corn flakes crushed
- 10.8 ounce cream of chicken soup canned
- 20 ounce hash browns shredded simply potatoes®
- 0.3 cup onion chopped
- 2 cups cheddar cheese shredded crystal farms®
- 0.8 cup cup heavy whipping cream sour

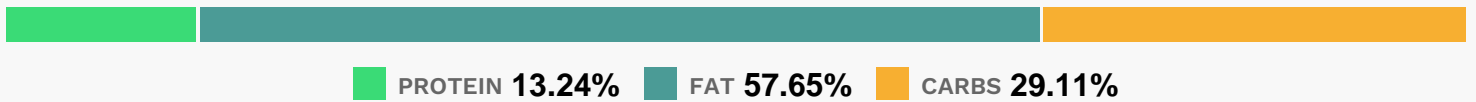
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350 degrees F. Spray 2 quart glass baking dish with nonstick cooking spray*. In large bowl combine all hash brown ingredients; mix well.
- Spread into prepared baking dish.
- In small bowl stir together topping ingredients.
- Spread topping evenly over hash browns.
- Bake 45 minutes or until hash browns are tender.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:4.04, Inflammation Score:-5, Nutrition Score:7.6026086444444%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 237.01kcal (11.85%), Fat: 15.42g (23.72%), Saturated Fat: 7.17g (44.78%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 16.51g (6%), Sugar: 1.4g (1.55%), Cholesterol: 35.22mg (11.74%), Sodium: 436.75mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Calcium: 189.11mg (18.91%), Phosphorus: 158.8mg (15.88%), Vitamin B2: 0.22mg (12.74%), Iron: 2.15mg (11.94%), Selenium: 8.15µg (11.65%), Vitamin A: 564.63IU (11.29%), Vitamin B3: 1.85mg (9.24%), Vitamin B1: 0.13mg (8.49%), Vitamin B12: 0.49µg (8.14%), Zinc: 1.14mg (7.62%), Vitamin B6: 0.15mg (7.61%), Vitamin C: 6.02mg (7.3%), Potassium: 229.56mg (6.56%), Folate: 24.44µg (6.11%), Manganese: 0.12mg (5.99%), Copper: 0.12mg (5.78%), Magnesium: 17.4mg (4.35%), Vitamin B5: 0.41mg (4.1%), Fiber: 1g (4%), Vitamin E: 0.49mg (3.28%), Vitamin K: 2.07µg (1.97%), Vitamin D: 0.29µg (1.91%)