



Cheesy Hash Browns

 **Gluten Free**

READY IN



45 min.

SERVINGS



2

CALORIES



652 kcal

SIDE DISH

Ingredients

- 0.5 cup cream sour
- 0.3 cup cream of chicken soup undiluted
- 2.5 cups hash browns shredded frozen
- 1 cup cheddar cheese shredded divided
- 2 tablespoons onion chopped
- 1 tablespoon butter melted
- 0.1 teaspoon salt
- 1 Dash pepper

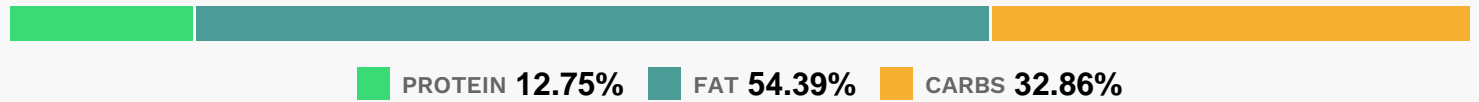
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine sour cream and soup. Stir in the potatoes, 1/2 cup cheese, onion, butter, salt and pepper.
- Pour into a 1-qt. baking dish coated with cooking spray.
- Sprinkle with remaining cheese. Cover and bake at 350° for 30 minutes. Uncover; bake 5-10 minutes longer or until bubbly and heated through.

Nutrition Facts



Properties

Glycemic Index:105, Glycemic Load:15.16, Inflammation Score:-7, Nutrition Score:18.824782651404%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 651.74kcal (32.59%), Fat: 40.1g (61.7%), Saturated Fat: 21.4g (133.74%), Carbohydrates: 54.53g (18.18%), Net Carbohydrates: 50.68g (18.43%), Sugar: 2.8g (3.11%), Cholesterol: 108.83mg (36.28%), Sodium: 930.69mg (40.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Calcium: 493.95mg (49.4%), Phosphorus: 443.52mg (44.35%), Selenium: 19.83µg (28.32%), Vitamin C: 22.82mg (27.67%), Potassium: 901.06mg (25.74%), Vitamin B2: 0.41mg (23.94%), Vitamin A: 1176.2IU (23.52%), Vitamin B3: 4.63mg (23.15%), Manganese: 0.44mg (22.17%), Zinc: 2.96mg (19.74%), Vitamin B1: 0.29mg (19.53%), Iron: 3.18mg (17.65%), Copper: 0.35mg (17.37%), Fiber: 3.86g (15.43%), Vitamin B6: 0.3mg (15.16%), Vitamin B5: 1.38mg (13.76%), Magnesium: 52.79mg (13.2%), Vitamin B12: 0.73µg (12.19%), Folate: 28.77µg (7.19%), Vitamin E: 1.03mg (6.89%), Vitamin K: 4.55µg (4.34%), Vitamin D: 0.34µg (2.26%)