



Cheesy Hash Browns



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



853 kcal

SIDE DISH

Ingredients

- ☐ 5.3 tablespoons butter melted
- ☐ 8 ounces colby cheese shredded
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 pound hash brown potatoes frozen thawed
- ☐ 1 cup onion chopped
- ☐ 16 ounce cup heavy whipping cream sour

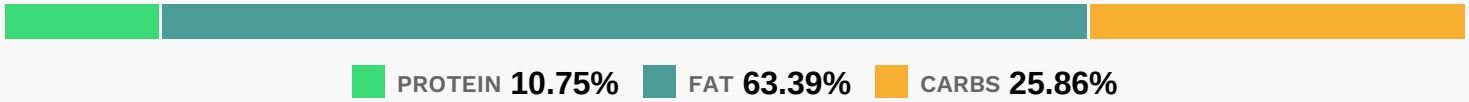
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix hash brown potatoes, sour cream, onion, cream of chicken soup, Colby cheese, and melted butter in a bowl; season to taste with salt and black pepper.
- ☐ Transfer mixture into a 9x13-inch baking dish and sprinkle top with corn flake crumbs.
- ☐ Bake in the preheated oven until the casserole is bubbling, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:14.66, Inflammation Score:-8, Nutrition Score:20.485652052838%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 852.56kcal (42.63%), Fat: 61.18g (94.13%), Saturated Fat: 34.18g (213.64%), Carbohydrates: 56.16g (18.72%), Net Carbohydrates: 52.28g (19.01%), Sugar: 6.28g (6.98%), Cholesterol: 167mg (55.67%), Sodium: 1084.01mg (47.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.71%), Calcium: 550.39mg (55.04%), Phosphorus: 491.75mg (49.17%), Vitamin A: 1876.55IU (37.53%), Vitamin B2: 0.49mg (28.66%), Potassium: 961.67mg (27.48%), Vitamin C: 22.65mg (27.46%), Manganese: 0.47mg (23.33%), Vitamin B3: 4.29mg (21.43%), Selenium: 14.94µg (21.34%), Iron: 3.64mg (20.21%), Zinc: 2.9mg (19.32%), Copper: 0.38mg (19.16%), Vitamin B1: 0.28mg (18.7%), Vitamin B6: 0.34mg (16.87%), Fiber: 3.88g (15.52%), Magnesium: 58.62mg (14.66%), Vitamin B5: 1.45mg (14.5%), Vitamin B12: 0.74µg (12.34%), Vitamin E: 1.44mg (9.62%), Folate: 35.78µg (8.95%), Vitamin K: 7.99µg (7.61%), Vitamin D: 0.34µg (2.27%)