



Cheesy Hash Browns



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



879 kcal

SIDE DISH

Ingredients

- ☐ 5.3 tablespoons butter melted
- ☐ 8 ounces colby cheese shredded
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 tablespoons corn flakes cereal crushed
- ☐ 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

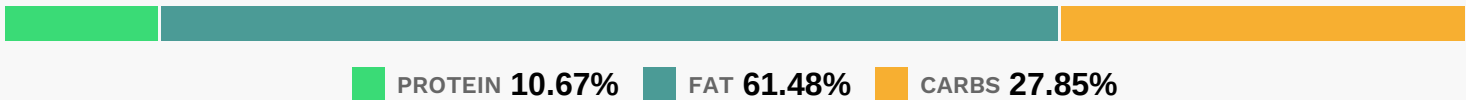
Equipment

- ☐ 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:-9, Nutrition Score:23.23173914785%

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: 878.95kcal (43.95%), Fat: 61.21g (94.17%), Saturated Fat: 34.19g (213.69%), Carbohydrates: 62.38g (20.79%), Net Carbohydrates: 58.26g (21.18%), Sugar: 6.98g (7.76%), Cholesterol: 167mg (55.67%), Sodium: 1137.9mg (49.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.82%), Calcium: 550.76mg (55.08%), Phosphorus: 499.29mg (49.93%), Vitamin A: 2008.6IU (40.17%), Vitamin B2: 0.6mg (35.27%), Iron: 5.77mg (32.08%), Vitamin C: 24.21mg (29.34%), Vitamin B3: 5.61mg (28.05%), Potassium: 974.09mg (27.83%), Vitamin B1: 0.38mg (25.31%), Manganese: 0.48mg (23.95%), Vitamin B6: 0.47mg (23.49%), Selenium: 15.55µg (22.21%), Copper: 0.4mg (19.89%), Zinc: 2.97mg (19.81%), Vitamin B12: 1.11µg (18.5%), Fiber: 4.12g (16.5%), Folate: 62.18µg (15.54%), Magnesium: 61.5mg (15.38%), Vitamin B5: 1.47mg (14.67%), Vitamin E: 1.45mg (9.68%), Vitamin K: 7.99µg (7.61%), Vitamin D: 0.61µg (4.04%)