



1%
HEALTH SCORE

Cheesy Potato Casserole

READY IN



60 min.

SERVINGS



15

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup butter
- 21.5 ounce cream of mushroom soup canned
- 4.5 cups rice cereal crispy
- 1 pound hash browns frozen
- 1 small onion chopped
- 15 servings salt and pepper to taste
- 2.5 cups cheddar cheese shredded
- 1 pint cream sour

Equipment

- bowl
- oven
- baking pan

Directions

- Place hash browns in the bottom of a 9x13 inch baking dish. In a medium bowl, stir together soup, onion, sour cream, cheese, salt and pepper until well combined.
- Pour over hash browns. Crush the cereal and mix with the butter.
- Sprinkle mixture over soup layer. Cover and let rest in refrigerator 24 hours.
- Preheat oven to 325 degrees F (165 degrees C).
- Bake in preheated oven 45 minutes, until golden, hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:6.3769564887752%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 284.53kcal (14.23%), Fat: 21.92g (33.73%), Saturated Fat: 12.54g (78.41%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 14.09g (5.12%), Sugar: 1.34g (1.49%), Cholesterol: 61.17mg (20.39%), Sodium: 686.83mg (29.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Calcium: 173.78mg (17.38%), Phosphorus: 146.61mg (14.66%), Vitamin A: 637.45IU (12.75%), Vitamin B2: 0.18mg (10.84%), Selenium: 7.3µg (10.43%), Zinc: 1.38mg (9.23%), Manganese: 0.18mg (8.9%), Copper: 0.14mg (6.92%), Potassium: 207.09mg (5.92%), Vitamin B12: 0.35µg (5.8%), Vitamin B3: 1.11mg (5.57%), Vitamin B1: 0.08mg (5.11%), Folate: 19.72µg (4.93%), Iron: 0.81mg (4.48%), Magnesium: 16.76mg (4.19%), Vitamin C: 3.11mg (3.77%), Vitamin B5: 0.38mg (3.75%), Vitamin B6: 0.07mg (3.72%), Vitamin E: 0.5mg (3.34%), Fiber: 0.66g (2.65%), Vitamin K: 1.66µg (1.58%)