



Cheesy Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 oz condensed cream of potato soup canned
- ☐ 32 oz hashbrowns southern-style
- ☐ 4 cups cheddar cheese shredded
- ☐ 2 cups cup heavy whipping cream sour

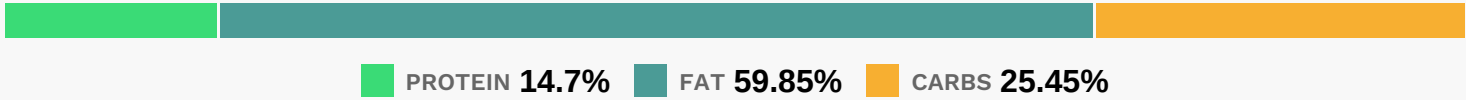
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

☐ Mix all ingredients together; spread in a lightly greased 13"x9" baking pan. Cover with aluminum foil; bake at 325 degrees for 2 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:6.11, Inflammation Score:-6, Nutrition Score:14.56086963156%

Nutrients (% of daily need)

Calories: 482.31kcal (24.12%), Fat: 32.5g (50%), Saturated Fat: 17.58g (109.87%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.21g (10.62%), Sugar: 3.43g (3.82%), Cholesterol: 94.23mg (31.41%), Sodium: 873.23mg (37.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.96g (35.93%), Calcium: 481.06mg (48.11%), Phosphorus: 383.96mg (38.4%), Selenium: 19.9µg (28.44%), Vitamin B2: 0.38mg (22.57%), Manganese: 0.41mg (20.31%), Vitamin A: 976.16IU (19.52%), Zinc: 2.88mg (19.22%), Potassium: 521.61mg (14.9%), Copper: 0.29mg (14.68%), Vitamin B5: 1.33mg (13.26%), Vitamin B12: 0.75µg (12.5%), Vitamin C: 9.82mg (11.9%), Vitamin B3: 2.3mg (11.49%), Vitamin B1: 0.16mg (10.61%), Vitamin B6: 0.18mg (9.2%), Magnesium: 34.24mg (8.56%), Iron: 1.53mg (8.51%), Fiber: 1.89g (7.57%), Folate: 21.37µg (5.34%), Vitamin E: 0.7mg (4.64%), Vitamin K: 3.06µg (2.91%), Vitamin D: 0.34µg (2.26%)