



Country Potato Bake

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon cooked chopped
- ☐ 10 oz cream of chicken soup canned
- ☐ 2.8 oz fried onions french canned
- ☐ 20 oz hash browns shredded frozen
- ☐ 0.3 cup butter melted
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup cream sour

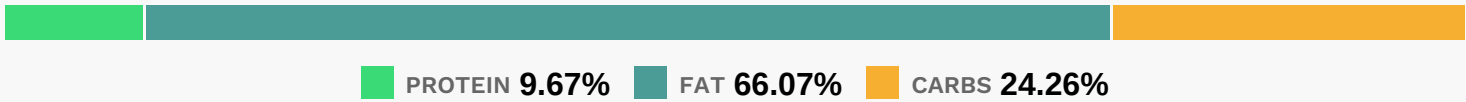
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Spread hashbrowns evenly in the bottom of a greased 13"x9" baking pan.
- ☐ Mix soup, sour cream and margarine together; spread over hashbrowns.
- ☐ Sprinkle with cheese, bacon and onions.
- ☐ Bake, covered, at 350 degrees for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:3.82, Inflammation Score:-4, Nutrition Score:5.5169565340747%

Nutrients (% of daily need)

Calories: 276.53kcal (13.83%), Fat: 20.4g (31.39%), Saturated Fat: 8.24g (51.51%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.06g (5.84%), Sugar: 0.97g (1.08%), Cholesterol: 31.89mg (10.63%), Sodium: 492.8mg (21.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Phosphorus: 124.6mg (12.46%), Calcium: 114.99mg (11.5%), Selenium: 7.19µg (10.27%), Vitamin A: 512.88IU (10.26%), Vitamin B3: 1.59mg (7.94%), Vitamin B2: 0.12mg (7.22%), Potassium: 239.27mg (6.84%), Vitamin B1: 0.09mg (6.27%), Vitamin C: 4.9mg (5.93%), Zinc: 0.84mg (5.59%), Manganese: 0.11mg (5.34%), Copper: 0.11mg (5.27%), Iron: 0.94mg (5.2%), Vitamin B6: 0.09mg (4.64%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.23µg (3.77%), Magnesium: 14.38mg (3.6%), Vitamin E: 0.52mg (3.48%), Fiber: 0.79g (3.18%), Vitamin K: 1.78µg (1.69%), Folate: 6.64µg (1.66%)