



Cracker Barrel's Hashbrowns Casserole - Copycat



Gluten Free



Popular

READY IN



60 min.

SERVINGS



10

CALORIES



371 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cheddar cheese grated
- ☐ 10.3 ounce cream of chicken soup canned
- ☐ 2 lbs hash browns frozen
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup onion peeled chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

☐

1 pint cup heavy whipping cream sour

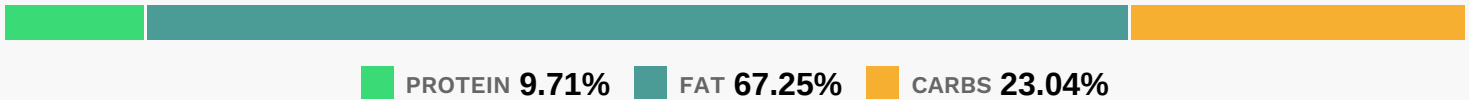
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F and spray an 11 x 14 baking dish with cooking spray.2
- ☐ Mix the above ingredients together, place in prepared pan and bake for 45 minutes or until brown on top.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:5.8, Inflammation Score:-6, Nutrition Score:8.607826175897%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 371.37kcal (18.57%), Fat: 28.25g (43.46%), Saturated Fat: 11.66g (72.87%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 20.36g (7.4%), Sugar: 2.18g (2.43%), Cholesterol: 52.84mg (17.61%), Sodium: 726.33mg (31.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.35%), Calcium: 226.32mg (22.63%), Phosphorus: 196.12mg (19.61%), Vitamin A: 980.55IU (19.61%), Selenium: 9.01µg (12.88%), Vitamin B2: 0.21mg (12.45%), Potassium: 366.49mg (10.47%), Vitamin C: 8.51mg (10.31%), Manganese: 0.18mg (8.85%), Zinc: 1.28mg (8.5%), Vitamin B3: 1.69mg (8.46%), Vitamin B1: 0.11mg (7.51%), Copper: 0.15mg (7.35%), Iron: 1.29mg (7.17%), Vitamin B6: 0.12mg (6.23%), Vitamin B5: 0.62mg (6.21%), Vitamin B12: 0.35µg (5.84%), Magnesium: 23.21mg (5.8%), Vitamin E: 0.86mg (5.73%), Fiber: 1.42g (5.67%), Folate: 13.44µg (3.36%), Vitamin K: 2.56µg (2.44%)