



Creamy Hash Brown Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of chicken soup fat-free canned
- 5 ounce evaporated milk low-fat canned
- 32 ounce hash brown potatoes frozen
- 0.3 cup butter light melted
- 4 ounces cheddar cheese shredded reduced-fat
- 1 small onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

8 ounce cup heavy whipping cream light sour

Equipment

bowl

oven

baking pan

Directions

Stir together first 9 ingredients in a large bowl.

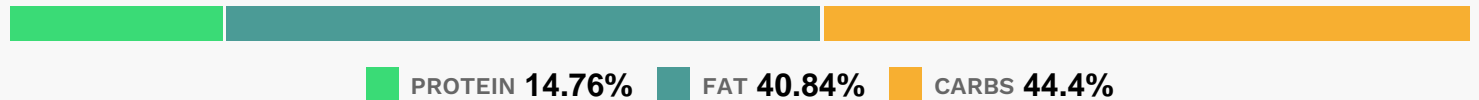
Spoon mixture into an 11- x 7-inch baking dish coated with cooking spray.

Sprinkle cheese evenly over top.

Bake at 350 for 1 hour or until bubbly and golden.

Remove from oven, and let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:9.46, Inflammation Score:-4, Nutrition Score:9.2834782807723%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 328.18kcal (16.41%), Fat: 15.12g (23.26%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 34.64g (12.6%), Sugar: 3.31g (3.68%), Cholesterol: 35.88mg (11.96%), Sodium: 762.38mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Phosphorus: 212.04mg (21.2%), Calcium: 168.31mg (16.83%), Vitamin C: 13.65mg (16.55%), Potassium: 573.69mg (16.39%), Manganese: 0.28mg (14.13%), Vitamin B3: 2.77mg (13.84%), Iron: 2.27mg (12.61%), Vitamin B1: 0.18mg (11.81%), Copper: 0.23mg (11.53%), Fiber: 2.34g (9.34%), Vitamin A: 427.69IU (8.55%), Vitamin B2: 0.14mg (8.35%), Vitamin B6: 0.16mg (8.14%), Selenium: 5.49µg (7.85%), Zinc: 1.05mg (6.97%), Magnesium: 27.28mg (6.82%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.26µg (4.41%), Folate: 15.63µg (3.91%), Vitamin E: 0.56mg (3.73%), Vitamin K: 3.05µg (2.9%), Vitamin

D: 0.19 μ g (1.3%)