



Creamy Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 10.8 ounce condensed cream of potato soup canned
- 0.3 cup spring onion chopped
- 2 pound hash browns frozen
- 8 servings salt and pepper to taste
- 2 cups cheddar cheese shredded divided
- 2 cups cream sour

Equipment

- oven
- mixing bowl
- pot

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a small pot, heat the soup, butter or margarine and sour cream over low heat.
- Combine potatoes, green onion and 1 cup cheese into a large mixing bowl.
- Mix in the heated soup mixture. Season with salt and pepper.
- Pour into a 9x13 inch dish.
- Sprinkle one cup of cheese over the top of the casserole.
- Bake 30 to 45 minutes.
- Serve warm.

Nutrition Facts

PROTEIN 10.87% **FAT 62.19%** **CARBS 26.94%**

Properties

Glycemic Index:17.5, Glycemic Load:5.99, Inflammation Score:-6, Nutrition Score:10.933913163517%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 396.77kcal (19.84%), Fat: 27.94g (42.98%), Saturated Fat: 15.43g (96.46%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 25.39g (9.23%), Sugar: 2.8g (3.11%), Cholesterol: 79.33mg (26.44%), Sodium: 698.07mg (30.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.97%), Calcium: 280.06mg (28.01%), Phosphorus: 243.72mg (24.37%), Vitamin A: 886.01IU (17.72%), Selenium: 11.28µg (16.12%), Vitamin B2: 0.25mg (14.93%), Manganese: 0.3mg (14.81%), Potassium: 471.58mg (13.47%), Vitamin C: 10.6mg (12.85%), Zinc: 1.68mg (11.19%), Vitamin B3: 2.14mg (10.72%), Copper: 0.21mg (10.59%), Vitamin K: 11.08µg (10.55%), Vitamin B5: 0.95mg (9.54%), Vitamin B1: 0.14mg (9.53%), Iron: 1.41mg (7.81%), Vitamin B6: 0.16mg (7.8%), Vitamin B12: 0.45µg (7.46%), Fiber: 1.85g (7.39%), Magnesium: 27.21mg (6.8%), Folate: 17.56µg (4.39%), Vitamin E: 0.64mg (4.3%), Vitamin D: 0.17µg (1.13%)