

Easy au Gratin Potato Bake

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2108 kcal

SIDE DISH

Ingredients

- 8 oz american & cheddar cheeses shredded kraft
- 10 oz cream of chicken soup canned
- 0.5 cup knudsen cream sour
- 0.3 cup green onion
- 4 cups ore-ida hash brown potatoes diced thawed ()

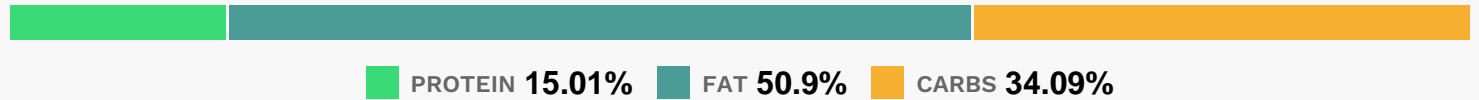
Equipment

- oven

Directions

- Heat oven to 350F.
- Combine ingredients.
- Spoon into 2-qt. casserole sprayed with cooking spray.
- Bake 50 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:133, Glycemic Load:53.23, Inflammation Score:-10, Nutrition Score:62.939130119655%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 2107.64kcal (105.38%), Fat: 121.05g (186.23%), Saturated Fat: 61.35g (383.44%), Carbohydrates: 182.45g (60.82%), Net Carbohydrates: 169.82g (61.75%), Sugar: 6.98g (7.75%), Cholesterol: 317.33mg (105.78%), Sodium: 3699.17mg (160.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.31g (160.62%), Calcium: 1867.29mg (186.73%), Phosphorus: 1621.14mg (162.11%), Selenium: 76.54µg (109.35%), Vitamin C: 76.47mg (92.69%), Vitamin B2: 1.47mg (86.36%), Potassium: 2943.3mg (84.09%), Vitamin K: 87.79µg (83.61%), Vitamin B3: 15.49mg (77.44%), Vitamin A: 3837.24IU (76.74%), Zinc: 11.42mg (76.13%), Manganese: 1.51mg (75.39%), Iron: 12.17mg (67.63%), Copper: 1.32mg (65.88%), Vitamin B1: 0.96mg (63.92%), Fiber: 12.63g (50.51%), Vitamin B6: 0.95mg (47.74%), Vitamin B5: 4.61mg (46.06%), Magnesium: 183.14mg (45.79%), Vitamin B12: 2.65µg (44.09%), Folate: 115.13µg (28.78%), Vitamin E: 3.85mg (25.68%), Vitamin D: 1.36µg (9.07%)