



Easy Cheesy Potato Casserole

 Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 oz cream of mushroom soup reduced-fat canned
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 20 oz hash browns refrigerated
- ☐ 8 oz cream sour reduced-fat
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 6 oz cheddar cheese shredded 2% reduced-fat

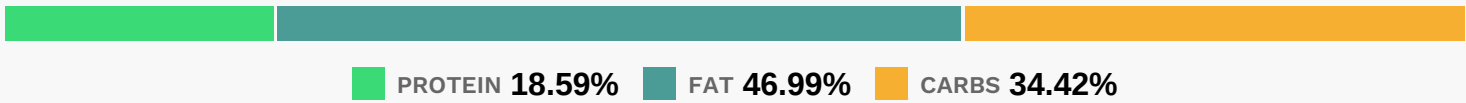
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook hash browns in a lightly greased large nonstick skillet over medium heat, stirring occasionally, 12 minutes or until golden brown.
- ☐ Stir together hash browns, 1 cup shredded cheese, and next 6 ingredients. Spoon mixture into a lightly greased 8-inch square baking dish, and sprinkle with remaining 1/2 cup cheese.
- ☐ Bake at 350 for 40 to 45 minutes or until edges are lightly browned.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:9.2378261918607%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 263.2kcal (13.16%), Fat: 13.92g (21.41%), Saturated Fat: 8.08g (50.52%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.4g (7.78%), Sugar: 0.48g (0.53%), Cholesterol: 42.7mg (14.23%), Sodium: 778.34mg (33.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Calcium: 255.41mg (25.54%), Phosphorus: 212.47mg (21.25%), Manganese: 0.34mg (16.75%), Potassium: 448.39mg (12.81%), Zinc: 1.82mg (12.13%), Vitamin C: 9.54mg (11.56%), Copper: 0.22mg (10.78%), Vitamin B2: 0.18mg (10.74%), Vitamin B3: 2.11mg (10.54%), Vitamin B12: 0.59µg (9.81%), Iron: 1.54mg (8.54%), Vitamin B1: 0.13mg (8.43%), Selenium: 5.81µg (8.3%), Vitamin A: 408.5IU (8.17%), Vitamin B6: 0.14mg (6.86%), Magnesium: 26.17mg (6.54%), Fiber: 1.53g (6.13%), Vitamin K: 5.91µg

(5.63%), Vitamin B5: 0.48mg (4.85%), Folate: 17.56µg (4.39%), Vitamin D: 0.22µg (1.45%), Vitamin E: 0.19mg (1.27%)