



Easy Cheesy Salsa Potatoes

READY IN



70 min.

SERVINGS



8

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup breadcrumbs dry
- 0.3 cup butter melted
- 10.8 oz condensed cream of cheddar cheese soup canned
- 24 oz hash browns frozen thawed (8 cups)
- 0.5 cup onion finely chopped
- 0.5 teaspoon pepper
- 1 cup salsa thick (any variety)
- 8 oz cheddar cheese shredded
- 0.5 cup cream sour

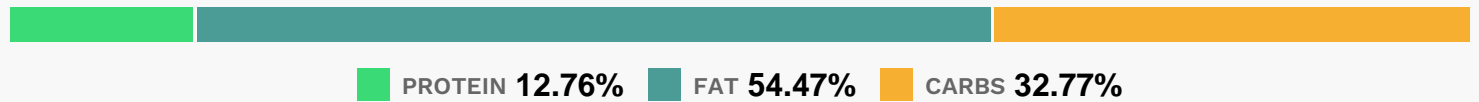
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350F. Grease 13x9-inch (3-quart) baking dish or pan. In large bowl, mix cheese, salsa, onion, sour cream, soup and pepper.
- Add potatoes; mix well.
- Spread in baking dish.
- In small bowl, mix bread crumbs and melted butter.
- Sprinkle over potatoes.
- Bake 45 to 60 minutes or until cheese is melted and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:4.71, Inflammation Score:-6, Nutrition Score:10.123478303785%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 336.13kcal (16.81%), Fat: 20.63g (31.74%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 25.35g (9.22%), Sugar: 3.28g (3.64%), Cholesterol: 38.35mg (12.78%), Sodium: 738.12mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.75%), Calcium: 262.08mg (26.21%), Phosphorus: 207.01mg (20.7%), Vitamin A: 937.77IU (18.76%), Potassium: 570.69mg (16.31%), Selenium: 10.86µg (15.51%), Manganese: 0.26mg (12.81%), Vitamin B2: 0.2mg (12.01%), Vitamin B1: 0.18mg (11.71%), Vitamin B3: 2.27mg (11.35%), Fiber: 2.59g (10.34%), Vitamin C: 8.48mg (10.27%), Zinc: 1.45mg (9.65%), Vitamin B6: 0.18mg (8.89%), Iron: 1.38mg (7.69%), Copper: 0.14mg (7%), Magnesium: 27.65mg (6.91%), Vitamin B12: 0.36µg (6.02%), Vitamin E:

0.89mg (5.95%), Vitamin B5: 0.56mg (5.63%), Folate: 20.73µg (5.18%), Vitamin K: 2.95µg (2.81%), Vitamin D: 0.17µg (1.13%)