



Easy Potato Bake

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter melted
- 10 oz cream of chicken soup canned
- 1 cup corn flakes crushed
- 16 oz knudsen cream sour
- 8 green onions chopped
- 32 oz ore-ida hash brown potatoes diced thawed
- 8 oz cheddar cheese shredded kraft

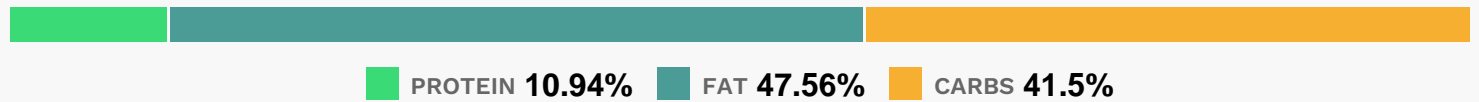
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine sour cream, soup, cheese and onions in large bowl.
- Add potatoes; mix lightly.
- Spoon into 13x9-inch baking dish sprayed with cooking spray.
- Bake 45 min.
- Combine corn flake crumbs and butter; sprinkle over casserole.
- Bake 15 min. or until top is lightly browned and casserole is heated through.

Nutrition Facts



Properties

Glycemic Index:8.87, Glycemic Load:3.84, Inflammation Score:-6, Nutrition Score:12.063913086186%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 259.94kcal (13%), Fat: 14.05g (21.62%), Saturated Fat: 6.71g (41.93%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 26.06g (9.48%), Sugar: 2.83g (3.15%), Cholesterol: 34.47mg (11.49%), Sodium: 387.85mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.55%), Iron: 5.49mg (30.51%), Vitamin B2: 0.38mg (22.36%), Vitamin B3: 3.97mg (19.87%), Vitamin B1: 0.29mg (19.11%), Vitamin B6: 0.36mg (18.09%), Folate: 68.21µg (17.05%), Vitamin B12: 1.01µg (16.9%), Vitamin A: 786.57IU (15.73%), Calcium: 152.09mg (15.21%), Phosphorus: 145.4mg (14.54%), Vitamin K: 14.84µg (14.13%), Vitamin C: 9.77mg (11.84%), Selenium: 7.29µg (10.41%), Potassium: 276.01mg (7.89%), Manganese: 0.14mg (7.14%), Zinc: 1.02mg (6.79%), Copper: 0.13mg (6.55%), Fiber: 1.53g (6.13%), Magnesium: 22mg (5.5%), Vitamin D: 0.66µg (4.39%), Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.44mg (2.95%)