



Funeral Potatoes

READY IN



60 min.

SERVINGS



18

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups broccoli florets fresh thawed
- ☐ 21.5 ounce cream of chicken soup undiluted reduced-fat reduced-sodium canned
- ☐ 5 cups hash browns frozen southern-style
- ☐ 1.5 cups cheddar cheese shredded reduced-fat
- ☐ 0.8 cup cream sour reduced-fat
- ☐ 1 cup onion chopped
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 ounce parmesan fresh grated
- ☐ 0.5 teaspoon salt

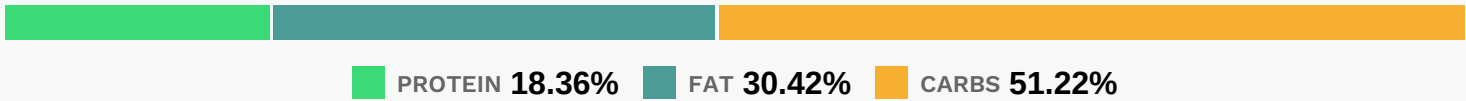
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine chicken soup and next 3 ingredients (through salt) in a large bowl.
- ☐ Add hash browns, broccoli, and onion, stirring to coat.
- ☐ Spoon hash brown mixture into a 13 x 9-inch glass or ceramic baking dish lightly coated with cooking spray. Top with breadcrumbs and Parmesan cheese.
- ☐ Bake at 350 for 50 minutes or until filling is bubbly and topping is browned.
- ☐ Lighten Up
- ☐ Keep it creamy & comforting
- ☐ Rich cheese and sour cream keep this dish hearty and decadent. Some of the potatoes have been replaced with fiber-filled broccoli to bulk up the dish and reduce the calories. My secret for a crunchy topping that's lower in fat than potato chips? Breadcrumbs and a little Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:4.52, Inflammation Score:-4, Nutrition Score:7.9043478285489%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 132.54kcal (6.63%), Fat: 4.59g (7.06%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 15.68g (5.7%), Sugar: 1.18g (1.31%), Cholesterol: 9.11mg (3.04%), Sodium: 426.85mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin C: 28.11mg (34.07%), Vitamin K: 27.45µg (26.14%), Phosphorus: 123.24mg (12.32%), Calcium: 98.83mg (9.88%), Manganese: 0.19mg (9.46%), Potassium: 306.96mg (8.77%), Iron: 1.27mg (7.08%), Vitamin B3: 1.4mg (7.01%), Vitamin B1: 0.1mg (6.98%), Fiber: 1.7g (6.8%), Copper: 0.13mg (6.26%), Folate: 24.61µg (6.15%), Vitamin B2: 0.1mg (5.88%), Vitamin B6: 0.12mg (5.76%), Vitamin A: 282.51IU (5.65%), Selenium: 3.93µg (5.62%), Magnesium: 17.84mg (4.46%), Vitamin B5: 0.44mg (4.43%), Zinc: 0.63mg (4.18%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.11µg (1.85%)