



## Ham and Hash Brown Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 bag hash browns refrigerated (1 lb 4 oz)
- 1.5 cups finely-chopped ham diced cooked
- 8 oz mild cheddar cheese shredded
- 1 cup chives sour
- 1.5 cups milk
- 0.5 teaspoon lawry's seasoned salt

### Equipment

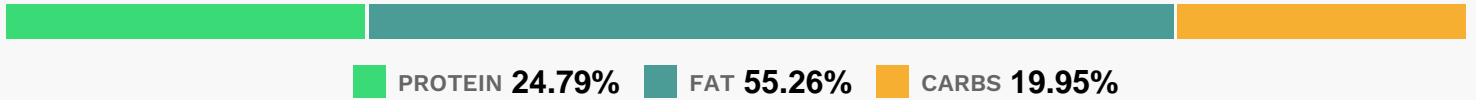
- bowl

- oven
- whisk
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- In large bowl, mix potatoes, ham and 1 1/2 cups of the cheese.
- Spread in baking dish. In same bowl, mix sour cream, milk and seasoned salt with wire whisk until well blended. Spoon over potato mixture; stir to mix. Cover baking dish with foil.
- Bake 45 minutes.
- Sprinkle with remaining 1/2 cup cheese.
- Bake uncovered about 10 minutes longer or until bubbly and thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:4.25, Inflammation Score:-6, Nutrition Score:12.902608674505%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 281.38kcal (14.07%), Fat: 17.36g (26.7%), Saturated Fat: 8.97g (56.09%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 13.14g (4.78%), Sugar: 3.18g (3.54%), Cholesterol: 65.74mg (21.91%), Sodium: 803.13mg (34.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.52g (35.03%), Calcium: 355.89mg (35.59%), Phosphorus: 347.72mg (34.77%), Selenium: 17.68µg (25.26%), Vitamin B2: 0.33mg (19.63%), Vitamin B12: 1.13µg (18.81%), Vitamin C: 15.1mg (18.31%), Vitamin B1: 0.25mg (17%), Zinc: 2.42mg (16.16%), Vitamin A: 767.77IU (15.36%), Vitamin K: 15.29µg (14.56%), Potassium: 381.26mg (10.89%), Vitamin B3: 2.07mg (10.37%), Vitamin B6: 0.19mg (9.71%), Vitamin B5: 0.83mg (8.35%), Magnesium: 32.5mg (8.12%), Manganese: 0.13mg (6.38%), Vitamin D: 0.9µg (5.99%), Copper:

0.11mg (5.6%), Iron: 0.96mg (5.36%), Folate: 18.05µg (4.51%), Fiber: 0.96g (3.84%), Vitamin E: 0.33mg (2.19%)