



Ham and Hash Brown Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup approx cream cheese spread sour
- 1.5 cups finely-chopped ham diced cooked
- 1 bag hash browns refrigerated (1 lb 4 oz)
- 8 oz mild cheddar cheese shredded
- 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 350F. 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

PROTEIN 21.08% **FAT 61.58%** **CARBS 17.34%**

Properties

Glycemic Index:16, Glycemic Load:4.2, Inflammation Score:-5, Nutrition Score:11.969130350196%

Nutrients (% of daily need)

Calories: 373.21kcal (18.66%), Fat: 25.51g (39.24%), Saturated Fat: 14.24g (88.97%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 15.36g (5.59%), Sugar: 4.23g (4.7%), Cholesterol: 89.2mg (29.73%), Sodium: 978.48mg (42.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.29%), Calcium: 395.15mg (39.52%), Phosphorus: 343.85mg (34.39%), Selenium: 17.62µg (25.17%), Vitamin B2: 0.33mg (19.18%), Vitamin B12: 1.13µg (18.81%), Vitamin A: 836.99IU (16.74%), Vitamin B1: 0.25mg (16.65%), Zinc: 2.39mg (15.91%), Vitamin C: 11.23mg (13.61%), Potassium: 361.53mg (10.33%), Vitamin B3: 2.03mg (10.15%), Vitamin B6: 0.18mg (9.25%), Vitamin B5: 0.81mg (8.13%), Magnesium: 29.7mg (7.42%), Vitamin D: 0.9µg (5.99%), Manganese: 0.1mg (5.14%), Copper: 0.1mg (5.08%), Iron: 0.86mg (4.76%), Fiber: 0.79g (3.17%), Folate: 11.05µg (2.76%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.09µg (1.04%)