



Hash Brown Casserole

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter divided melted
- 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned (such as Campbell's Healthy Request)
- 2 cups cornflakes crushed
- 8 ounce carton cream light sour (such as Daisy)
- 32 ounce hash brown potatoes diced frozen southern-style
- 0.8 cup onion chopped
- 0.5 teaspoon paprika

8 ounces processed cheese light cubed (such as Velveeta)

Equipment

bowl

oven

baking pan

microwave

Directions

Preheat oven to 35

Combine first 4 ingredients and 1 tablespoon butter in a large bowl; toss well.

Combine soup and cheese in a medium microwave-safe bowl. Microwave at HIGH 6 minutes or until cheese melts, stirring every 2 minutes. Stir in sour cream.

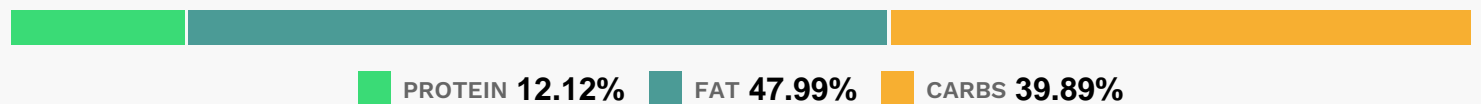
Pour cheese mixture over potato mixture, and stir well.

Spread mixture evenly in a 13 x 9-inch baking dish coated with cooking spray.

Combine cornflakes and remaining 1 tablespoon butter; sprinkle evenly over top of potato mixture.

Bake at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:5.02, Inflammation Score:-4, Nutrition Score:8.3426086384317%

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: 218.5kcal (10.93%), Fat: 11.88g (18.28%), Saturated Fat: 6.43g (40.16%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 20.78g (7.56%), Sugar: 1.48g (1.65%), Cholesterol: 32.56mg (10.85%), Sodium: 575.91mg (25.04%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Calcium: 238.92mg (23.89%), Phosphorus: 186.58mg (18.66%), Iron: 2.54mg (14.1%), Vitamin B3: 2.24mg (11.21%), Vitamin B1: 0.15mg (10.31%), Vitamin B12: 0.6µg (10%), Vitamin C: 8.12mg (9.84%), Vitamin B2: 0.16mg (9.69%), Vitamin A: 470.17IU (9.4%), Potassium: 318.92mg (9.11%), Vitamin B6: 0.18mg (8.87%), Manganese: 0.17mg (8.4%), Selenium: 5.58µg (7.98%), Copper: 0.13mg (6.7%), Folate: 25.81µg (6.45%), Zinc: 0.87mg (5.79%), Fiber: 1.43g (5.73%), Magnesium: 19.29mg (4.82%), Vitamin B5: 0.4mg (3.98%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.32µg (2.13%), Vitamin K: 2.03µg (1.94%)