



Hash Brown Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken stock see
- ☐ 6 ounce country ham diced
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic finely chopped
- ☐ 3 green onions thinly sliced
- ☐ 22 ounce hash brown potatoes shredded frozen
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups milk

- ☐ 1 small onion finely chopped
- ☐ 1.5 cups sharp cheddar shredded

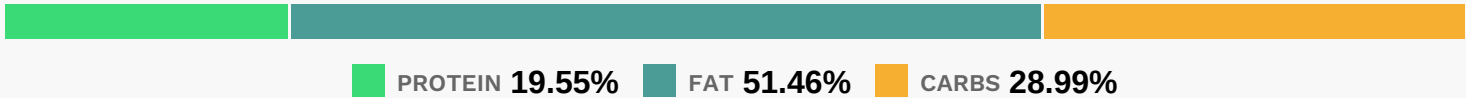
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Add the butter to a large heavy skillet. Once foaming and melted, add the garlic, ham, onions and some salt and pepper.
- ☐ Saute until the onions are tender and the ham is browned, about 4 minutes. Stir in the flour and cook until pasty, about 2 minutes.
- ☐ Add the milk and stock and stir until smooth. The mixture will begin to thicken as it comes to a simmer. Once thick, turn off the heat and add 1 cup of the shredded cheese. Stir until melted.
- ☐ Add the hash browns and green onions and stir until well mixed.
- ☐ Add to a 13-by-9-inch casserole dish and sprinkle with the remaining 1/2 cup cheese.
- ☐ Bake until the top is golden and the potatoes are tender, 45 minutes.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:8.39, Inflammation Score:-5, Nutrition Score:13.729565133219%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 364.82kcal (18.24%), Fat: 21.04g (32.37%), Saturated Fat: 10.9g (68.12%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.73g (8.99%), Sugar: 4g (4.45%), Cholesterol: 63.78mg (21.26%), Sodium: 627.67mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.97%), Phosphorus: 317.8mg (31.78%), Calcium: 299.39mg (29.94%), Selenium: 17.55µg (25.07%), Vitamin B1: 0.35mg (23.48%), Vitamin B2: 0.33mg (19.22%), Vitamin B3: 3.6mg (17.98%), Potassium: 556.32mg (15.89%), Vitamin B6: 0.3mg (15.24%), Zinc: 2.27mg (15.16%), Vitamin B12: 0.82µg (13.64%), Vitamin C: 11.02mg (13.36%), Vitamin K: 13.89µg (13.23%), Manganese: 0.24mg (12.03%), Vitamin A: 559.84IU (11.2%), Magnesium: 36.12mg (9.03%), Iron: 1.62mg (8.99%), Vitamin B5: 0.85mg (8.55%), Copper: 0.17mg (8.31%), Fiber: 1.93g (7.74%), Vitamin D: 1.04µg (6.93%), Folate: 22.77µg (5.69%), Vitamin E: 0.5mg (3.32%)