



Hash Brown Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of mushroom soup undiluted reduced-fat reduced-sodium canned
- ☐ 16 ounce cream fat-free sour
- ☐ 1 cup spring onion thinly sliced
- ☐ 32 ounce hash browns frozen southern-style thawed
- ☐ 4 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper

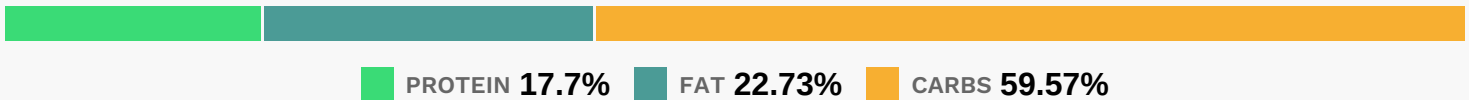
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 7 ingredients in a large bowl; spoon into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with paprika.
- ☐ Bake at 350 for 1 hour or until bubbly.

Nutrition Facts



Properties

Glycemic Index:12.22, Glycemic Load:5.28, Inflammation Score:-4, Nutrition Score:8.489999976495%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 188.78kcal (9.44%), Fat: 4.86g (7.48%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 26.84g (9.76%), Sugar: 0.53g (0.59%), Cholesterol: 8.88mg (2.96%), Sodium: 441.63mg (19.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.03%), Vitamin K: 23.26µg (22.15%), Phosphorus: 171.32mg (17.13%), Manganese: 0.28mg (13.81%), Calcium: 136.16mg (13.62%), Vitamin C: 10.36mg (12.56%), Potassium: 438.52mg (12.53%), Vitamin B3: 2.09mg (10.47%), Copper: 0.19mg (9.45%), Vitamin B1: 0.13mg (8.87%), Vitamin B2: 0.15mg (8.79%), Vitamin A: 431.69IU (8.63%), Iron: 1.47mg (8.17%), Zinc: 1.11mg (7.43%), Fiber: 1.82g (7.28%), Selenium: 4.88µg (6.97%), Vitamin B6: 0.13mg (6.33%), Magnesium: 23.12mg (5.78%), Folate: 20.54µg (5.13%), Vitamin B12: 0.27µg (4.5%), Vitamin B5: 0.43mg (4.27%), Vitamin E: 0.2mg (1.32%)