

# Hash Brown Casserole for the Slow Cooker

 **Gluten Free**

READY IN



**255 min.**

SERVINGS



**16**

CALORIES



**182 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 10.8 ounce cream of mushroom soup undiluted canned
- 32 ounce hash browns frozen thawed
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 2 cups processed cheese food shredded
- 0.3 teaspoon salt
- 2 cups cream sour

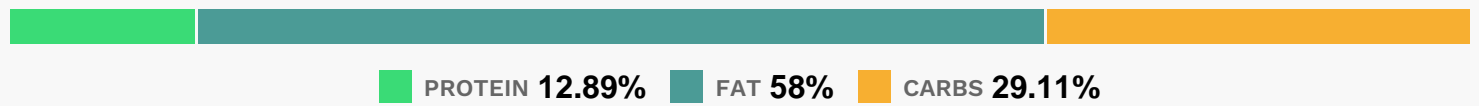
## Equipment

- bowl
- slow cooker

## Directions

- In a large bowl, stir together the sour cream, cream of mushroom soup, cheese, onion, salt and pepper. Gradually mix in the hash browns until evenly coated.
- Coat the inside of a slow cooker with cooking spray or butter. Spoon the hashbrown mixture into the slow cooker. Cover, and cook on High for 1 1/2 hours, then reduce heat to Low, and cook for an additional 2 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:7.31, Glycemic Load:3.15, Inflammation Score:-3, Nutrition Score:5.8165217223375%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 182.04kcal (9.1%), Fat: 11.96g (18.39%), Saturated Fat: 6.39g (39.92%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 12.58g (4.57%), Sugar: 1.59g (1.76%), Cholesterol: 35.41mg (11.8%), Sodium: 485.4mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Calcium: 219.66mg (21.97%), Phosphorus: 167.7mg (16.77%), Manganese: 0.16mg (8.04%), Potassium: 252.35mg (7.21%), Vitamin A: 344.76IU (6.9%), Selenium: 4.8µg (6.85%), Vitamin B2: 0.11mg (6.47%), Vitamin C: 5.28mg (6.4%), Vitamin B12: 0.35µg (5.89%), Vitamin B3: 1.16mg (5.81%), Zinc: 0.87mg (5.79%), Copper: 0.11mg (5.49%), Vitamin B1: 0.07mg (4.63%), Iron: 0.83mg (4.63%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.39mg (3.93%), Magnesium: 15.55mg (3.89%), Fiber: 0.92g (3.7%), Folate: 7.68µg (1.92%), Vitamin E: 0.25mg (1.67%)