



Hash Brown Casserole I

READY IN



45 min.

SERVINGS



10

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 4 ounces buttery round crackers crushed
- 21.5 ounce campbell's® condensed cream of celery soup canned
- 0.3 teaspoon ground pepper black
- 2 pound hash brown potatoes frozen thawed
- 1 onion chopped
- 1 tablespoon pepper sauce hot
- 1 cup cheddar cheese shredded
- 1 pint cup heavy whipping cream sour

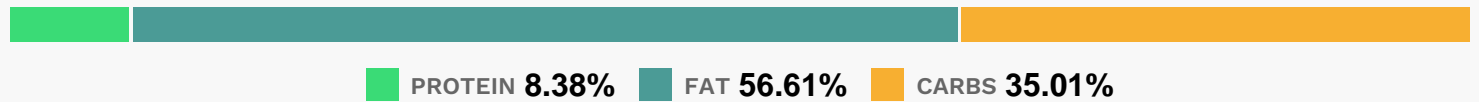
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 8x12 inch baking dish.
- Over medium heat, cook the onion until soft.
- In a large bowl, combine the onion, potatoes, sour cream, soup, cheese, pepper and hot sauce.
- Mix well and pour into baking dish.
- Bake for 50 minutes.
- In a saute pan, heat butter or margarine and crackers. Cook until golden brown.
- Sprinkle over casserole and bake for 30 additional minutes.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:4.9, Inflammation Score:-5, Nutrition Score:10.034782624763%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 348.64kcal (17.43%), Fat: 22.36g (34.4%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.01g (10.55%), Sugar: 3.88g (4.31%), Cholesterol: 54.95mg (18.32%), Sodium: 584.87mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Phosphorus: 184.02mg (18.4%), Calcium: 177.58mg (17.76%), Manganese: 0.34mg (17.16%), Vitamin K: 17.59µg (16.75%), Vitamin A: 687.46IU (13.75%), Potassium: 419.23mg (11.98%), Vitamin B2: 0.2mg (11.85%), Vitamin C: 9.77mg (11.85%), Vitamin B3: 2.29mg

(11.46%), Vitamin B1: 0.17mg (11.38%), Vitamin B5: 1.12mg (11.22%), Vitamin E: 1.61mg (10.73%), Iron: 1.79mg (9.93%), Selenium: 6.94µg (9.91%), Copper: 0.19mg (9.52%), Fiber: 2.1g (8.4%), Vitamin B6: 0.13mg (6.73%), Zinc: 0.93mg (6.19%), Magnesium: 24.3mg (6.07%), Folate: 20.53µg (5.13%), Vitamin B12: 0.25µg (4.18%)