



## Hash Brown Casserole II

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



377 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup butter melted
- 10.8 ounce cream of chicken soup canned
- 2 cups oatmeal cornflakes crushed
- 0.3 teaspoon pepper black
- 2 pound hash browns frozen thawed
- 0.5 cup onion chopped
- 1 teaspoon salt
- 2 cups cheddar cheese shredded

8 ounce cream sour

## Equipment

bowl

sauce pan

oven

casserole dish

## Directions

Preheat oven to 350 degrees F (175 degrees C).

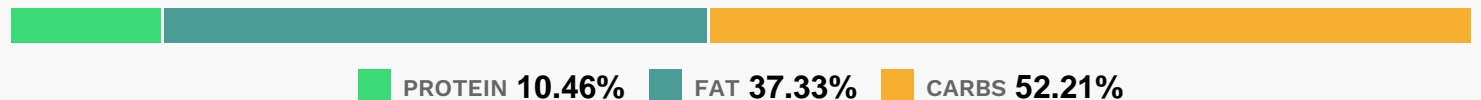
In a large bowl, combine hash browns, 1/2 cup melted butter, cream of chicken soup, sour cream, chopped onion, Cheddar cheese, salt and pepper.

Place mixture in a 3 quart casserole dish.

In a medium saucepan over medium heat, saute cornflakes in 1/4 cup melted butter, and sprinkle the mixture over the top of the casserole.

Bake covered in preheated oven for 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:4.87, Inflammation Score:-8, Nutrition Score:20.941738989042%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 376.56kcal (18.83%), Fat: 16.01g (24.62%), Saturated Fat: 8.56g (53.49%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 47.88g (17.41%), Sugar: 4.88g (5.42%), Cholesterol: 42.18mg (14.06%), Sodium: 835.87mg (36.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.17%), Iron: 12.47mg (69.28%), Vitamin B2: 0.74mg (43.52%), Vitamin B3: 8.45mg (42.27%), Vitamin B1: 0.62mg (41.17%), Vitamin B6: 0.8mg (40.03%), Folate: 150.81µg (37.7%), Vitamin B12: 2.22µg (36.98%), Vitamin A: 1175.46IU (23.51%), Phosphorus:

187.38mg (18.74%), Vitamin C: 15.17mg (18.39%), Calcium: 168.3mg (16.83%), Selenium: 10.09µg (14.42%),  
Manganese: 0.21mg (10.61%), Vitamin D: 1.53µg (10.22%), Fiber: 2.48g (9.93%), Copper: 0.2mg (9.92%), Potassium:  
343.73mg (9.82%), Zinc: 1.4mg (9.31%), Magnesium: 32.52mg (8.13%), Vitamin B5: 0.54mg (5.39%), Vitamin E:  
0.51mg (3.39%), Vitamin K: 2.2µg (2.1%)