



Hash Brown Casserole with Bacon, Onions, and Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 0.3 teaspoon pepper black freshly ground
- 10.8 ounce cream of mushroom soup fat-free 30% 98% undiluted reduced-sodium canned
- 2 garlic clove minced
- 0.5 cup spring onion chopped
- 32 ounce hash browns frozen southern-style
- 4 ounces pizza cheese divided

- 1 cup onion chopped
- 0.5 teaspoon salt
- 0.5 cup cream fat-free sour

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, and crumble. Discard drippings in pan.
- Add 1 cup onion and garlic to pan; cook for 5 minutes or until tender, stirring frequently. Stir in the potatoes; cover and cook for 15 minutes, stirring occasionally.
- Combine crumbled bacon, 1/4 cup cheese, green onions, sour cream, salt, pepper, and soup in a large bowl.
- Add potato mixture; toss gently to combine. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Sprinkle with remaining 3/4 cup cheese. Cover with foil coated with cooking spray. Refrigerate 8 hours or overnight.
- Preheat oven to 35
- Remove casserole from refrigerator; let stand at room temperature 15 minutes.
- Bake casserole, covered, at 350 for 30 minutes. Uncover and bake an additional 30 minutes or until bubbly around edges and cheese begins to brown.

Nutrition Facts



PROTEIN 16.32% **FAT 40.9%** **CARBS 42.78%**

Properties

Glycemic Index:25.33, Glycemic Load:8.43, Inflammation Score:-4, Nutrition Score:10.506521828797%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 336.59kcal (16.83%), Fat: 15.66g (24.1%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 33.92g (12.34%), Sugar: 1.41g (1.57%), Cholesterol: 22.56mg (7.52%), Sodium: 798.34mg (34.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.13%), Manganese: 0.45mg (22.56%), Vitamin B3: 3.95mg (19.77%), Vitamin C: 16.25mg (19.7%), Potassium: 630.29mg (18.01%), Vitamin K: 17.51µg (16.68%), Vitamin B1: 0.24mg (16.28%), Phosphorus: 148.16mg (14.82%), Copper: 0.29mg (14.26%), Vitamin B6: 0.26mg (13.2%), Iron: 2.13mg (11.85%), Fiber: 2.93g (11.72%), Calcium: 94.44mg (9.44%), Selenium: 6.22µg (8.89%), Zinc: 1.32mg (8.82%), Vitamin B5: 0.75mg (7.53%), Magnesium: 29.47mg (7.37%), Vitamin B2: 0.11mg (6.67%), Folate: 22.16µg (5.54%), Vitamin B12: 0.25µg (4.15%), Vitamin A: 141.18IU (2.82%)