



Hash Brown Potato Bake

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- 10.8 ounces cream of mushroom soup canned
- 10.8 ounces cream of chicken soup canned
- 8 ounces cream sour
- 0.5 cup milk
- 0.3 teaspoon pepper
- 30 ounces hash browns shredded frozen thawed
- 0.5 cup spring onion sliced
- 4 ounces cheddar cheese shredded

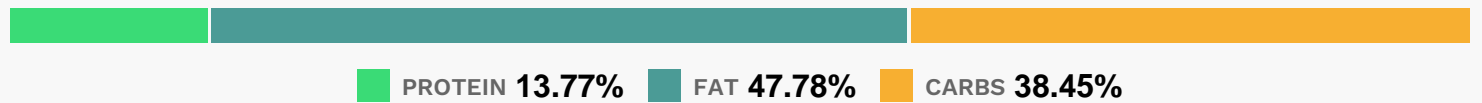
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350°F. Grease bottom and side of rectangular baking dish, 13x9x2 inches, with shortening.
- In very large bowl, mix soups, sour cream, milk and pepper. Stir in potatoes and onions. Spoon into baking dish.
- Bake uncovered 30 minutes.
- Sprinkle with cheese.
- Bake 15 to 20 minutes longer or until golden brown on top and bubbly around edges.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:7.02, Inflammation Score:-4, Nutrition Score:9.3995652613433%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 269.97kcal (13.5%), Fat: 14.59g (22.45%), Saturated Fat: 7.15g (44.68%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 24.67g (8.97%), Sugar: 2.1g (2.33%), Cholesterol: 37.68mg (12.56%), Sodium: 669.2mg (29.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.93%), Phosphorus: 177.1mg (17.71%), Calcium: 169.87mg (16.99%), Manganese: 0.32mg (15.93%), Vitamin K: 15.41µg (14.68%), Potassium: 456.96mg (13.06%), Vitamin C: 10.19mg (12.35%), Copper: 0.25mg (12.31%), Vitamin B3: 2.34mg (11.72%), Vitamin B2: 0.19mg (11.27%), Iron: 1.85mg (10.3%), Zinc: 1.45mg (9.69%), Vitamin A: 475.34IU (9.51%), Selenium: 6.43µg (9.19%), Vitamin B1: 0.14mg (9.17%), Vitamin B6: 0.14mg (7.12%), Vitamin B5: 0.71mg (7.05%), Fiber: 1.74g (6.97%), Magnesium: 25.73mg (6.43%), Vitamin B12: 0.35µg (5.88%), Folate: 16.37µg (4.09%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.25µg

(1.69%)