

# Hashbrown Casserole

 **Gluten Free**

READY IN



**60 min.**

SERVINGS



**10**

CALORIES



**310 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter softened
- 21.5 ounce cream of chicken soup canned
- 0.5 cup oatmeal cornflakes crushed
- 2 tablespoons onion flakes dried minced
- 4 ounces extra sharp cheddar cheese shredded
- 10 servings pepper black to taste
- 2 pound hash browns shredded frozen thawed
- 1.5 cups cream sour

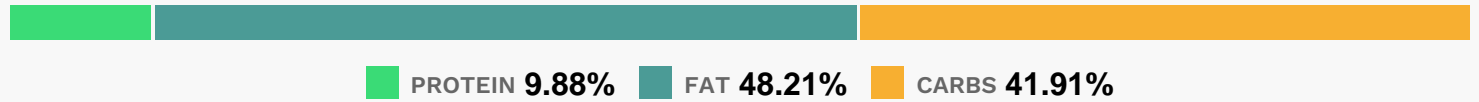
# Equipment

- bowl
- oven
- baking pan

# Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a large bowl, mix together the soup, sour cream, butter, dried onion flakes, and pepper. Stir in the hash browns and 1/2 the cheese.
- Pour into the prepared baking dish, sprinkle with remaining cheese, and top with crushed cornflakes.
- Bake 45 minutes in the preheated oven, or until cheese is melted and bubbly.

# Nutrition Facts



# Properties

Glycemic Index:18.3, Glycemic Load:6.55, Inflammation Score:-6, Nutrition Score:11.506521815839%

# Nutrients (% of daily need)

Calories: 309.87kcal (15.49%), Fat: 16.95g (26.08%), Saturated Fat: 8.3g (51.87%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 31.38g (11.41%), Sugar: 3.04g (3.38%), Cholesterol: 42.59mg (14.2%), Sodium: 637.17mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Iron: 5.02mg (27.9%), Vitamin B3: 3.92mg (19.58%), Vitamin B2: 0.33mg (19.45%), Vitamin B1: 0.27mg (17.99%), Vitamin B6: 0.33mg (16.45%), Phosphorus: 155.62mg (15.56%), Vitamin A: 721.46IU (14.43%), Calcium: 136.9mg (13.69%), Vitamin C: 11.04mg (13.39%), Folate: 53.29µg (13.32%), Vitamin B12: 0.79µg (13.15%), Manganese: 0.23mg (11.27%), Potassium: 378.36mg (10.81%), Copper: 0.21mg (10.33%), Selenium: 6.98µg (9.97%), Fiber: 1.78g (7.11%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.62mg (6.18%), Magnesium: 24.69mg (6.17%), Vitamin E: 0.63mg (4.18%), Vitamin K: 3.69µg (3.51%), Vitamin D: 0.49µg (3.29%)