



WHATSheATE



Healthified Cheesy Potatoes



Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10.8 oz cream of chicken soup fat-free 98% 45% with less sodium canned
- ☐ 2 cups croutons fat-free crushed
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 30 oz hash browns shredded frozen thawed
- ☐ 16 oz cream sour reduced-fat
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 8 oz sharp cheddar cheese shredded 2% reduced-fat
- ☐ 2 tablespoons butter 68% melted

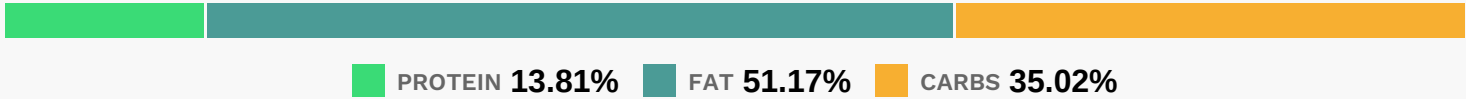
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In large bowl, mix soup, sour cream, milk, melted vegetable oil spread, salt and pepper until blended. Stir in potatoes, onion and cheese.
- ☐ Spread evenly in baking dish.
- ☐ Sprinkle with crushed croutons and paprika.
- ☐ Bake uncovered 55 to 60 minutes or until top is golden brown and mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:5.45, Inflammation Score:-4, Nutrition Score:5.7869565435078%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 189.9kcal (9.49%), Fat: 10.93g (16.82%), Saturated Fat: 5.36g (33.5%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.77g (5.73%), Sugar: 0.82g (0.91%), Cholesterol: 25.85mg (8.62%), Sodium: 380.38mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Calcium: 163.27mg (16.33%), Phosphorus:

130.59mg (13.06%), Selenium: 7µg (10%), Vitamin B2: 0.14mg (7.99%), Vitamin A: 379.13IU (7.58%), Potassium: 259.58mg (7.42%), Vitamin B1: 0.1mg (6.66%), Manganese: 0.13mg (6.33%), Vitamin C: 5.01mg (6.07%), Vitamin B3: 1.21mg (6.06%), Zinc: 0.91mg (6.06%), Iron: 0.95mg (5.27%), Vitamin B12: 0.32µg (5.26%), Copper: 0.1mg (4.79%), Fiber: 1.06g (4.23%), Magnesium: 16.12mg (4.03%), Vitamin B6: 0.07mg (3.74%), Folate: 14.71µg (3.68%), Vitamin B5: 0.32mg (3.2%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.44µg (1.37%)