

Taste of Home

Hearty Hash Brown Dinner

READY IN



285 min.

SERVINGS



4

CALORIES



968 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups hash browns shredded frozen thawed
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 pound ground beef
- 0.5 cup onion chopped
- 16 ounces savory vegetable frozen
- 10 ounces cream of chicken soup undiluted canned
- 1 cup milk whole
- 12 ounces processed cheese food cubed (Velveeta)

2.8 ounces bread canned

Equipment

frying pan

slow cooker

Directions

Place potatoes in a lightly greased 5-qt. slow cooker; sprinkle with salt and pepper. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Spoon over potatoes. Top with vegetables.

Combine soup and milk; pour over vegetables. Cover and cook on low for 4 to 4-1/2 hours.

Top with cheese; cover and cook 30 minutes longer or until cheese is melted. Just before serving, sprinkle with french-fried onions.

Nutrition Facts

PROTEIN 19.62% **FAT 53.2%** **CARBS 27.18%**

Properties

Glycemic Index:80.88, Glycemic Load:25.28, Inflammation Score:-10, Nutrition Score:40.973478089208%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 967.96kcal (48.4%), Fat: 57.83g (88.97%), Saturated Fat: 26.88g (167.99%), Carbohydrates: 66.49g (22.16%), Net Carbohydrates: 58.94g (21.43%), Sugar: 7g (7.78%), Cholesterol: 178.55mg (59.52%), Sodium: 2516.77mg (109.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.97g (95.95%), Vitamin A: 6790.96IU (135.82%), Calcium: 1053.87mg (105.39%), Phosphorus: 975.68mg (97.57%), Vitamin B12: 4.03µg (67.2%), Selenium: 43.4µg (62.01%), Zinc: 8.4mg (55.98%), Vitamin B3: 10.22mg (51.11%), Vitamin B2: 0.69mg (40.73%), Iron: 6.94mg (38.56%), Manganese: 0.75mg (37.5%), Vitamin B6: 0.74mg (37.04%), Potassium: 1288.09mg (36.8%), Vitamin B1: 0.55mg (36.42%), Vitamin C: 26.26mg (31.83%), Fiber: 7.55g (30.2%), Magnesium: 104.66mg (26.16%), Copper: 0.5mg (25.04%), Folate: 83.57µg (20.89%), Vitamin B5: 2.06mg (20.62%), Vitamin E: 1.61mg (10.7%), Vitamin D: 1.29µg (8.63%), Vitamin K: 7.76µg (7.4%)