



Jill's Hash Brown Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter melted
- 10.8 ounce cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 0.5 cup oatmeal cornflakes crushed
- 8 servings pepper black
- 32 ounce hash browns frozen
- 1 medium onion chopped
- 8 ounce cheddar cheese shredded
- 8 ounce cream sour

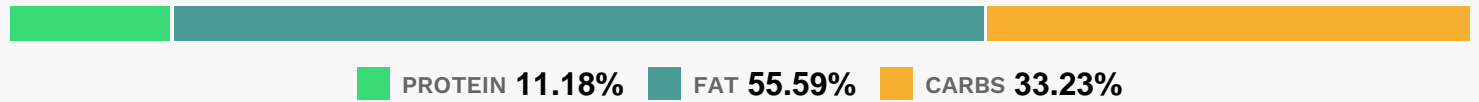
Equipment

- oven
- baking pan

Directions

- Mix soup, sour cream, butter, potatoes, onion, cheese and black pepper to taste in 3-quart shallow baking dish.
- Sprinkle corn flakes over potato mixture.
- Bake at 350 degrees F for 45 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:15.715652123741%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 448.57kcal (22.43%), Fat: 28.25g (43.47%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 35.58g (12.94%), Sugar: 3.05g (3.39%), Cholesterol: 46.98mg (15.66%), Sodium: 731.39mg (31.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.57%), Iron: 5.76mg (31.97%), Vitamin B2: 0.45mg (26.19%), Calcium: 250.53mg (25.05%), Vitamin B3: 4.94mg (24.69%), Vitamin A: 1233.08IU (24.66%), Phosphorus: 238.22mg (23.82%), Vitamin B1: 0.34mg (22.5%), Vitamin B6: 0.43mg (21.39%), Vitamin B12: 1.17µg (19.58%), Folate: 70.42µg (17.6%), Manganese: 0.34mg (17.06%), Vitamin C: 13.7mg (16.61%), Selenium: 10.71µg (15.3%), Potassium: 480.65mg (13.73%), Zinc: 1.96mg (13.09%), Copper: 0.24mg (11.94%), Fiber: 2.41g (9.64%), Magnesium: 33.37mg (8.34%), Vitamin B5: 0.72mg (7.15%), Vitamin E: 0.78mg (5.21%), Vitamin D: 0.7µg (4.68%), Vitamin K: 1.32µg (1.26%)