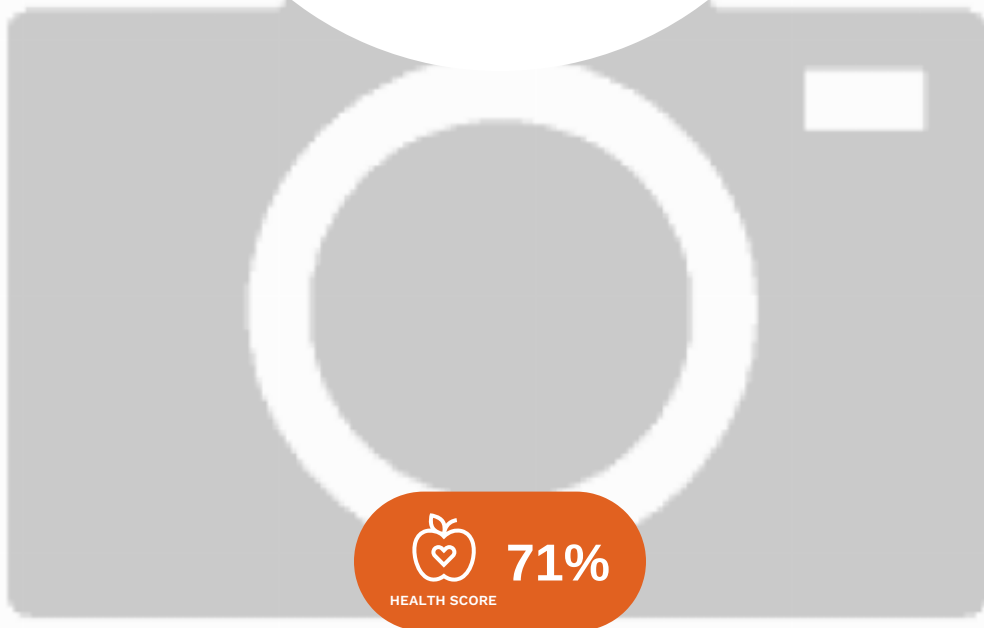




Killer Potato Casserole



Gluten Free



Very Healthy

READY IN



90 min.

SERVINGS



8

CALORIES



921 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 4 cups cornflakes cereal crushed
- ☐ 32 ounce potatoes au gratin frozen
- ☐ 4 cups cheddar cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour

Equipment

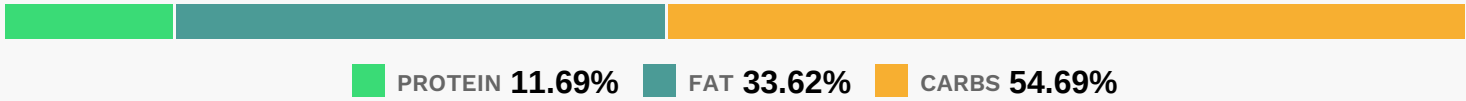
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl combine the potatoes, sour cream, cheese and soup and mix well.
- ☐ Spread mixture into a 9x13 inch baking dish and top with crushed corn flakes.
- ☐ Bake for 75 minutes, or until cooked through and golden .

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:17.22, Inflammation Score:-10, Nutrition Score:50.738695559294%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 920.98kcal (46.05%), Fat: 35.18g (54.12%), Saturated Fat: 18.03g (112.71%), Carbohydrates: 128.75g (42.92%), Net Carbohydrates: 122.36g (44.49%), Sugar: 14.65g (16.28%), Cholesterol: 96.05mg (32.02%), Sodium: 1791.1mg (77.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.05%), Iron: 36.01mg (200.05%), Vitamin B2: 2.21mg (130.22%), Vitamin B6: 2.51mg (125.71%), Folate: 457.24µg (114.31%), Vitamin B1: 1.71mg (114.23%), Vitamin B3: 22.75mg (113.75%), Vitamin B12: 6.63µg (110.54%), Vitamin A: 3173.03IU (63.46%), Vitamin C: 47.77mg (57.9%), Phosphorus: 510.78mg (51.08%), Calcium: 486.91mg (48.69%), Selenium: 29.69µg (42.42%), Vitamin D: 4.6µg (30.65%), Zinc: 3.99mg (26.62%), Fiber: 6.4g (25.59%), Copper: 0.48mg (24.15%), Magnesium: 96.19mg (24.05%), Potassium: 827.85mg (23.65%), Manganese: 0.44mg (21.8%), Vitamin B5: 1.18mg (11.77%), Vitamin E: 1.2mg (8.03%), Vitamin K: 7.48µg (7.13%)