



## O'Brian's Potato Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



657 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 12 ounces processed cheese food shredded
- ☐ 0.5 cup butter melted
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 cups cornflakes cereal crushed
- ☐ 2 pound hash brown potatoes frozen thawed
- ☐ 0.5 onion chopped
- ☐ 1 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

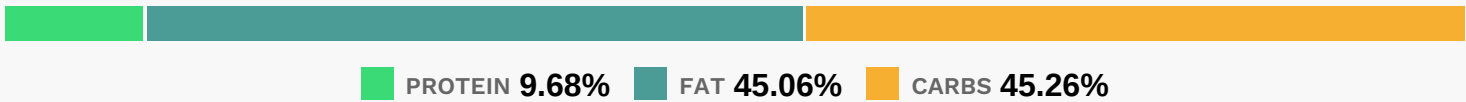
# Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch baking dish.
- ☐ Place potatoes in bottom of prepared dish.
- ☐ Combine the 1/2 cup butter, condensed soup, cheese, sour cream, salt and onion; mix well and pour over potatoes. Top with crushed corn flakes and drizzle with 1/2 cup melted butter.
- ☐ Bake uncovered at 350 degrees F (175 degrees C) for 45 minutes.

# Nutrition Facts



# Properties

Glycemic Index:22.25, Glycemic Load:7.48, Inflammation Score:-9, Nutrition Score:33.635217314181%

# Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

# Nutrients (% of daily need)

Calories: 656.8kcal (32.84%), Fat: 33.67g (51.8%), Saturated Fat: 18.74g (117.11%), Carbohydrates: 76.1g (25.37%), Net Carbohydrates: 72.44g (26.34%), Sugar: 8.05g (8.95%), Cholesterol: 92.8mg (30.93%), Sodium: 1825.11mg (79.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.28g (32.55%), Iron: 18.92mg (105.09%), Vitamin B2: 1.09mg (63.9%), Vitamin B3: 12.7mg (63.48%), Vitamin B1: 0.92mg (61.56%), Vitamin B12: 3.68µg (61.31%), Vitamin B6: 1.2mg (60.03%), Folate: 223.29µg (55.82%), Calcium: 497.81mg (49.78%), Phosphorus: 424.96mg (42.5%), Vitamin A: 2058.85IU (41.18%), Vitamin C: 22.52mg (27.3%), Selenium: 15.79µg (22.56%), Manganese: 0.32mg (16.05%), Vitamin D: 2.38µg (15.9%), Potassium: 546.29mg (15.61%), Copper: 0.31mg (15.29%), Fiber: 3.66g (14.63%), Zinc: 2.12mg (14.12%), Magnesium: 51.93mg (12.98%), Vitamin B5: 0.87mg (8.66%), Vitamin E: 1.06mg (7.03%), Vitamin K: 4.11µg (3.92%)