



Party Potatoes

READY IN



55 min.

SERVINGS



12

CALORIES



322 kcal

SIDE DISH

Ingredients

- 32 ounce hash browns frozen thawed
- 0.5 cup butter melted
- 1 teaspoon salt
- 10.8 ounce cream of chicken soup canned
- 1 cup cream sour
- 1 medium onion diced
- 2 cups cheddar cheese grated
- 2 cups cornflakes (topping)
- 0.3 cup butter melted (topping)

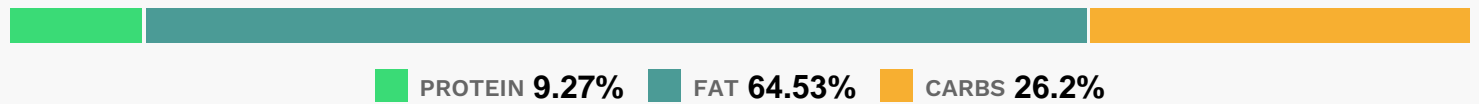
Equipment

- frying pan
- oven

Directions

- Combine all ingredients, except the corn flakes and 1/4 cup margarine.
- Put in a 12x9-inch pan.
- Crush corn flakes and mix with margarine.
- Sprinkle on top.
- Bake for 45 minutes at 350°F or until bubbly.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:4.92, Inflammation Score:-6, Nutrition Score:8.5473913990933%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 321.97kcal (16.1%), Fat: 23.5g (36.16%), Saturated Fat: 8.48g (53.03%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.1g (7.31%), Sugar: 1.68g (1.87%), Cholesterol: 32.17mg (10.72%), Sodium: 685.99mg (29.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin A: 945.36IU (18.91%), Calcium: 170.34mg (17.03%), Phosphorus: 154.91mg (15.49%), Iron: 2.42mg (13.46%), Vitamin B2: 0.22mg (12.72%), Vitamin B3: 2.23mg (11.17%), Vitamin B1: 0.15mg (10.27%), Selenium: 7.18µg (10.26%), Vitamin C: 8.08mg (9.8%), Vitamin B6: 0.18mg (9.12%), Potassium: 293.58mg (8.39%), Vitamin B12: 0.49µg (8.12%), Manganese: 0.15mg (7.59%), Zinc: 1.05mg (7%), Folate: 27.18µg (6.8%), Copper: 0.13mg (6.5%), Fiber: 1.37g (5.47%), Vitamin E: 0.8mg (5.32%), Magnesium: 19.5mg (4.88%), Vitamin B5: 0.47mg (4.69%), Vitamin D: 0.28µg (1.87%), Vitamin K: 1.82µg (1.73%)