



Pepper Jack-Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 1 teaspoon garlic minced
- ☐ 30 ounce hash browns shredded frozen
- ☐ 1.5 cups milk
- ☐ 8 ounce monterrey jack cheese shredded with peppers,
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt

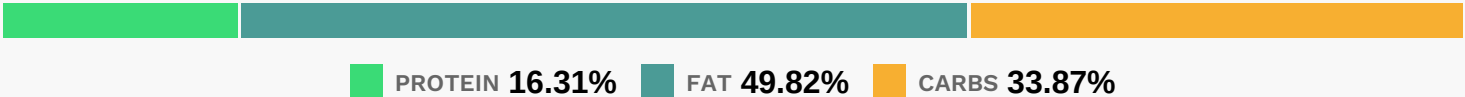
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine hash browns and next 2 ingredients in a large bowl.
- ☐ Stir together milk and next 4 ingredients; pour over hash brown mixture.
- ☐ Pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 45 to 50 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:9.96, Inflammation Score:-5, Nutrition Score:12.092608524405%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 374.16kcal (18.71%), Fat: 21.01g (32.32%), Saturated Fat: 11.85g (74.05%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 30.1g (10.94%), Sugar: 3.41g (3.78%), Cholesterol: 55.06mg (18.35%), Sodium: 1249.22mg (54.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.96%), Calcium: 381.42mg (38.14%), Phosphorus: 313.95mg (31.4%), Vitamin B2: 0.28mg (16.31%), Potassium: 556.45mg (15.9%), Vitamin C: 11.83mg (14.34%), Manganese: 0.28mg (13.96%), Vitamin B3: 2.66mg (13.32%), Iron: 2.23mg (12.39%), Vitamin B1: 0.19mg (12.36%), Zinc: 1.84mg (12.28%), Vitamin A: 599.52IU (11.99%), Selenium: 8.16µg (11.65%), Copper: 0.22mg (11.11%), Vitamin B12: 0.65µg (10.85%), Vitamin B6: 0.2mg (9.86%), Magnesium: 35.67mg (8.92%), Vitamin B5: 0.87mg (8.73%), Fiber: 2.04g (8.15%), Vitamin D: 0.9µg (5.99%), Vitamin K: 3.82µg (3.64%), Folate: 13.67µg (3.42%), Vitamin E: 0.51mg (3.42%)