



## Pork Hash Brown Bake

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter melted
- 2 teaspoons chicken soup base
- 2 cups pork cubed cooked
- 0.5 cup oatmeal cornflakes crushed
- 0.3 cup flour all-purpose
- 10 ounces savory vegetable mixed frozen thawed
- 0.5 cup milk
- 4 ounces mushrooms drained canned
- 3 cups potatoes frozen thawed

- 0.5 teaspoon salt
- 0.3 cup cream sour
- 1 cup water

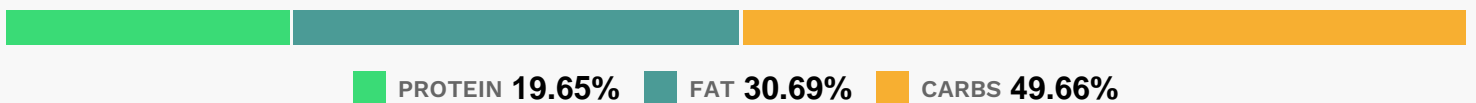
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- In a saucepan, combine flour, bouillon, salt, water and milk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from the heat; stir in sour cream.
- In a large bowl, combine the potatoes, pork vegetables and mushrooms.
- Add the sour cream mixture; stir to coat well.
- Transfer to a greased shallow 2-qt. baking dish. Toss cornflakes and butter; sprinkle over the top.
- Bake, uncovered, at 375° for 30-35 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:53.96, Glycemic Load:18.81, Inflammation Score:-9, Nutrition Score:25.106956481934%

## Flavonoids

Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 374.51kcal (18.73%), Fat: 13.01g (20.02%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 47.39g (15.8%), Net Carbohydrates: 42.21g (15.35%), Sugar: 4.5g (5%), Cholesterol: 58.71mg (19.57%), Sodium: 602.67mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.49%), Vitamin A: 2965.96IU (59.32%), Vitamin B1: 0.76mg (50.59%), Vitamin B6: 0.89mg (44.49%), Iron: 7.99mg (44.41%), Vitamin B3: 8.18mg (40.91%), Vitamin B2: 0.69mg (40.6%), Vitamin C: 30.5mg (36.97%), Selenium: 23.47µg (33.53%), Folate: 116.81µg (29.2%), Phosphorus: 259.21mg (25.92%), Vitamin B12: 1.52µg (25.34%), Potassium: 842.41mg (24.07%), Fiber: 5.18g (20.72%), Zinc: 2.85mg (18.97%), Manganese: 0.37mg (18.43%), Copper: 0.33mg (16.41%), Magnesium: 59.29mg (14.82%), Vitamin B5: 1.15mg (11.49%), Vitamin D: 1.42µg (9.47%), Calcium: 73.21mg (7.32%), Vitamin K: 2.54µg (2.42%), Vitamin E: 0.31mg (2.06%)