

# Potato Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



1151 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cup butter
- 10.8 ounce cream of mushroom soup canned
- 3 cups oatmeal cornflakes crushed
- 30 ounce hash browns frozen
- 1 onion chopped
- 2 cups cheddar cheese shredded
- 16 ounce cream sour

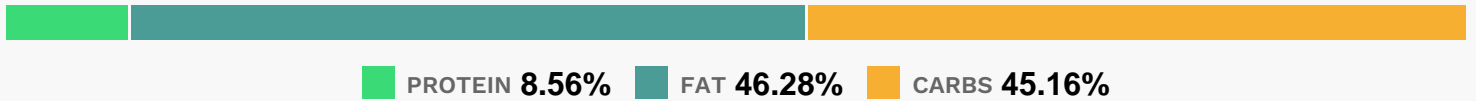
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Pour the hash browns into a lightly greased 9x13 inch baking dish. In a large bowl, combine the cheese, sour cream and soup.
- In a large skillet over medium heat, combine the onion with 1 stick butter and saute for 5 minutes.
- Add this to the soup mixture and spread this over the potatoes in the dish.
- Next, arrange the crushed corn flakes over all in the dish. Melt the remaining stick of butter and pour this evenly over the corn flakes.
- Bake at 425 degrees F (220 degrees C) for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:7.81, Inflammation Score:-10, Nutrition Score:50.00478240718%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 1151.49kcal (57.57%), Fat: 60.74g (93.45%), Saturated Fat: 35.3g (220.62%), Carbohydrates: 133.4g (44.47%), Net Carbohydrates: 127.1g (46.22%), Sugar: 14.74g (16.38%), Cholesterol: 166.15mg (55.38%), Sodium: 1767.45mg (76.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.55%), Iron: 36.09mg (200.5%), Vitamin B2: 2.16mg (127.02%), Vitamin B3: 24.12mg (120.59%), Vitamin B1: 1.77mg (117.94%), Vitamin B6: 2.34mg (117.06%), Folate: 448.6µg (112.15%), Vitamin B12: 6.62µg (110.31%), Vitamin A: 3906.95IU (78.14%), Vitamin C: 38.5mg (46.67%), Phosphorus: 446.38mg (44.64%), Calcium: 378.08mg (37.81%), Selenium: 24.17µg (34.53%),

Vitamin D: 4.48µg (29.9%), Manganese: 0.59mg (29.69%), Copper: 0.51mg (25.47%), Fiber: 6.3g (25.21%), Zinc: 3.74mg (24.91%), Potassium: 826.06mg (23.6%), Magnesium: 85.6mg (21.4%), Vitamin B5: 1.3mg (12.99%), Vitamin E: 1.59mg (10.62%), Vitamin K: 4.76µg (4.53%)