



Potato Casserole

READY IN



45 min.

SERVINGS



12

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup butter divided
- ☐ 2 cups cornflakes cereal crushed
- ☐ 10.8 ounce cream of celery soup undiluted canned
- ☐ 1 cup vegetables mixed frozen thawed
- ☐ 30 ounce hash browns frozen country-style thawed
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 8 ounce cup heavy whipping cream sour

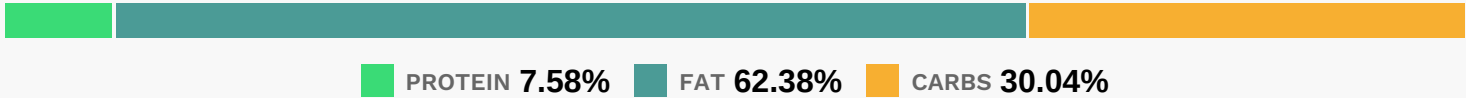
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat 1/2 cup butter in a 13- x 9-inch baking dish in a 350 oven 5 to 6 minutes or until melted.
- ☐ Spread hash browns over butter in dish; top with vegetables. Stir together soup and next 4 ingredients; spread over vegetables.
- ☐ Heat remaining 1/4 cup butter in a saucepan over low heat until melted.
- ☐ Stir together crushed cornflakes and 1/4 cup melted butter; sprinkle over casserole.
- ☐ Bake at 350 for 45 minutes.
- ☐ NOTE: For testing purposes only, we used Bird's Eye Frozen Broccoli, Green Beans, Pearl Onions, and Red Peppers for the frozen mixed vegetables.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:4.31, Inflammation Score:-8, Nutrition Score:8.8652172503264%

Nutrients (% of daily need)

Calories: 281.17kcal (14.06%), Fat: 19.98g (30.73%), Saturated Fat: 6.52g (40.72%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 19.7g (7.16%), Sugar: 1.46g (1.63%), Cholesterol: 23.39mg (7.8%), Sodium: 583.06mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin A: 1645.96IU (32.92%), Iron: 2.36mg (13.11%), Phosphorus: 115.81mg (11.58%), Vitamin B3: 2.3mg (11.5%), Manganese: 0.22mg (11.19%), Calcium: 110.25mg (11.03%), Vitamin B1: 0.16mg (10.92%), Vitamin B2: 0.18mg (10.74%), Vitamin C: 8.62mg (10.45%), Vitamin B6: 0.18mg (8.92%), Potassium: 305.99mg (8.74%), Fiber: 1.95g (7.79%), Folate: 27.69µg (6.92%), Vitamin B12: 0.4µg (6.63%), Copper: 0.13mg (6.55%), Selenium: 4.5µg (6.43%), Vitamin E: 0.94mg (6.29%), Vitamin B5: 0.61mg (6.15%), Magnesium: 19.68mg (4.92%), Vitamin K: 5.15µg (4.91%), Zinc: 0.71mg (4.71%), Vitamin D: 0.22µg (1.5%)