

Potato Casserole I

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 pound butter melted
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 pound hash brown potatoes frozen
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup potato chips crushed
- ☐ 0.5 cup sharp cheddar cheese shredded

☐ 8 ounce cup heavy whipping cream sour

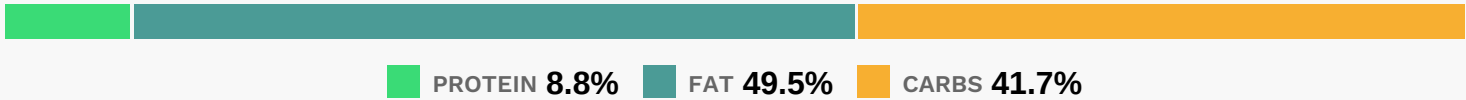
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a six quart casserole dish, mix together the hashbrowns, onion, chicken soup, mushroom soup, chives, butter, sour cream and cheese.
- ☐ Bake covered for 45 minutes.
- ☐ Remove from oven, sprinkle with bacon and potato chips.
- ☐ Bake uncovered for 15 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:22.3, Glycemic Load:11.27, Inflammation Score:-5, Nutrition Score:10.928260792209%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 397.48kcal (19.87%), Fat: 22.35g (34.38%), Saturated Fat: 11.05g (69.05%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 39.47g (14.35%), Sugar: 1.49g (1.66%), Cholesterol: 49.81mg (16.6%), Sodium: 823.5mg (35.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.87%), Manganese: 0.44mg (22.08%), Vitamin C: 17mg (20.61%), Potassium: 685.24mg (19.58%), Vitamin B3: 3.78mg (18.88%), Copper: 0.34mg (16.93%), Phosphorus: 168.01mg (16.8%), Iron: 2.75mg (15.25%), Vitamin B1: 0.21mg (14%), Vitamin A: 618.5IU (12.37%), Fiber: 2.88g (11.54%), Vitamin B6: 0.22mg (10.83%), Vitamin B5: 1.07mg (10.7%), Calcium: 96.75mg (9.68%), Vitamin B2: 0.15mg (8.54%), Zinc: 1.25mg (8.32%), Magnesium: 32.28mg (8.07%), Vitamin E: 1.17mg (7.77%), Selenium: 4.41µg (6.29%), Vitamin K: 6.02µg (5.73%), Folate: 16.88µg (4.22%), Vitamin B12: 0.18µg (2.93%)