



## Potato Casserole II

 **Gluten Free**

READY IN



**75 min.**

SERVINGS



**8**

CALORIES



**578 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup butter melted
- 10.8 ounce cream of chicken soup canned
- 2 pound hash browns frozen thawed
- 0.5 cup onion chopped
- 2 cups potato chips crushed
- 8 servings salt and pepper to taste
- 2 cups cheddar cheese shredded
- 1 pint cream sour

## Equipment

- oven
- mixing bowl
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large mixing bowl combine onion, sour cream, soup, cheese, salt and pepper. Press the excess water out of the hash browns and then add them to the soup mixture and mix well.
- Transfer to a 9x12 inch casserole dish.
- Sprinkle potato chips on top, then drizzle with butter.
- Bake in preheated oven for 45 minutes to 1 hour, until golden brown.

## Nutrition Facts

**PROTEIN 8.71%** **FAT 65.12%** **CARBS 26.17%**

## Properties

Glycemic Index:22.25, Glycemic Load:7.31, Inflammation Score:-7, Nutrition Score:14.155652144681%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 578.42kcal (28.92%), Fat: 42.72g (65.73%), Saturated Fat: 20.25g (126.55%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 36.21g (13.17%), Sugar: 2.82g (3.13%), Cholesterol: 96.7mg (32.23%), Sodium: 892.87mg (38.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.71%), Calcium: 286.43mg (28.64%), Phosphorus: 278.26mg (27.83%), Vitamin A: 1075.63IU (21.51%), Vitamin E: 3.18mg (21.22%), Potassium: 710.58mg (20.3%), Vitamin C: 15.2mg (18.42%), Manganese: 0.36mg (17.76%), Selenium: 11.97µg (17.1%), Vitamin B5: 1.71mg (17.06%), Vitamin B2: 0.28mg (16.68%), Vitamin B3: 3.13mg (15.68%), Vitamin B6: 0.27mg (13.38%), Vitamin B1: 0.19mg (12.37%), Zinc: 1.84mg (12.28%), Copper: 0.23mg (11.74%), Iron: 1.9mg (10.55%), Magnesium: 42.22mg (10.55%), Fiber: 2.42g (9.67%), Vitamin K: 8.86µg (8.43%), Vitamin B12: 0.45µg (7.46%), Folate: 23.27µg (5.82%),

Vitamin D: 0.17µg (1.13%)