

Potato Casserole III

 Gluten Free

READY IN



140 min.

SERVINGS



12

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce condensed cream of potato soup canned
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 pound hash brown potatoes frozen thawed
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 12 servings paprika to taste

- ☐ 12 servings salt and pepper to taste
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour

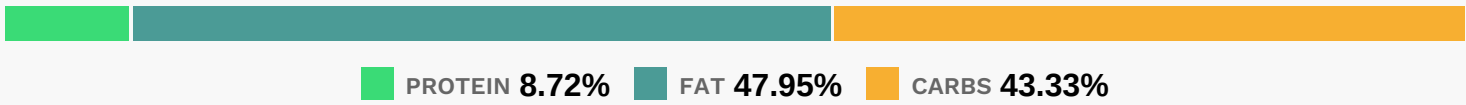
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 x 13 inch baking dish.
- ☐ In a large bowl combine hash browns, potato soup, celery soup, sour cream, salt, pepper, milk, onion and bell pepper; mix well. Spoon into prepared pan and sprinkle with parsley, paprika and cheese.
- ☐ Bake in preheated oven for 1 1/2 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:10.450434714556%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 193.21kcal (9.66%), Fat: 10.67g (16.42%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 21.7g (7.23%), Net Carbohydrates: 19.38g (7.05%), Sugar: 2.97g (3.3%), Cholesterol: 29.33mg (9.78%), Sodium: 527.37mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin K: 48.38µg (46.07%), Vitamin A:

1574.99IU (31.5%), Vitamin C: 15.42mg (18.69%), Manganese: 0.29mg (14.72%), Potassium: 404.8mg (11.57%), Phosphorus: 108.1mg (10.81%), Copper: 0.19mg (9.34%), Fiber: 2.31g (9.25%), Calcium: 91.13mg (9.11%), Iron: 1.61mg (8.94%), Vitamin B5: 0.89mg (8.86%), Vitamin B3: 1.75mg (8.74%), Vitamin B2: 0.14mg (8.2%), Vitamin B6: 0.16mg (8.16%), Vitamin E: 1.16mg (7.73%), Vitamin B1: 0.11mg (7.52%), Magnesium: 20.97mg (5.24%), Selenium: 3.49µg (4.99%), Zinc: 0.68mg (4.54%), Folate: 13.47µg (3.37%), Vitamin B12: 0.15µg (2.54%)