

Potato Casserole IV

READY IN



62 min.

SERVINGS



10

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cheddar cheese cubed
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 2 cups cornflakes
- 2 pound hash browns
- 0.5 cup butter melted
- 1 small onion finely chopped
- 1 teaspoon salt
- 1 cup cream sour

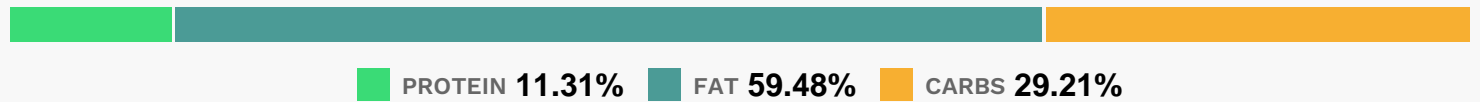
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl mix together the frozen hash browns, onion, cheddar cheese, sour cream and salt. In a small bowl, stir the chicken and mushroom soups together.
- Pour the soups over the hash brown mixture and stir together.
- Transfer to a 9x13 inch baking dish.
- Mix the melted margarine and cornflakes together and pour over the top of the casserole.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 45 minutes.
- Bake for an additional 15 minutes if you'd like the casserole more browned.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:5.82, Inflammation Score:-6, Nutrition Score:10.736956471982%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 362.55kcal (18.13%), Fat: 24.36g (37.48%), Saturated Fat: 9.6g (59.99%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 25.29g (9.2%), Sugar: 1.85g (2.06%), Cholesterol: 40.13mg (13.38%), Sodium: 985.59mg (42.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Calcium: 203.01mg (20.3%), Phosphorus: 192.26mg (19.23%), Vitamin A: 931.35IU (18.63%), Iron: 3.11mg (17.29%), Vitamin B2: 0.27mg (16.15%), Vitamin B3: 2.95mg (14.75%), Manganese: 0.27mg (13.42%), Vitamin B1: 0.19mg (12.57%), Selenium: 8.6µg (12.28%),

Vitamin C: 9.39mg (11.39%), Vitamin B6: 0.23mg (11.29%), Potassium: 382.48mg (10.93%), Copper: 0.22mg (10.77%), Zinc: 1.59mg (10.59%), Vitamin B12: 0.63µg (10.47%), Folate: 33.93µg (8.48%), Fiber: 1.63g (6.54%), Magnesium: 24.96mg (6.24%), Vitamin B5: 0.61mg (6.11%), Vitamin E: 0.78mg (5.21%), Vitamin D: 0.34µg (2.25%), Vitamin K: 2.16µg (2.06%)