



## Potluck Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 5 teaspoons butter melted
- 1 cup oatmeal cornflakes crushed
- 10.8 ounce cream of chicken soup reduced-fat canned (such as Campbell's Healthy Request)
- 0.5 cup fat-skimmed beef broth fat-free
- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon ground pepper red
- 30 ounce hash browns frozen thawed (such as Ore-Ida)

- 2 tablespoons onion fresh minced
- 0.3 teaspoon salt
- 5 ounces sharp cheddar cheese shredded reduced-fat finely
- 1.5 cups cream fat-free sour

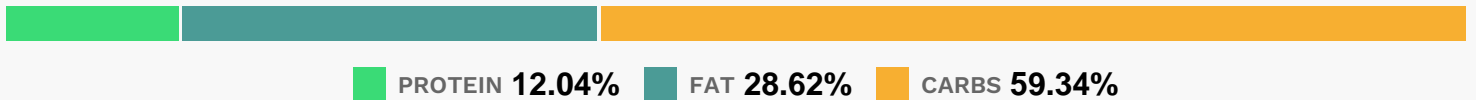
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 35
- Combine first 10 ingredients in a large bowl; spread evenly into a 13 x 9-inch baking dish coated with cooking spray.
- Sprinkle cornflakes over potato mixture.
- Bake at 350 for 1 hour or until bubbly.
- Sprinkle with fresh parsley.

## Nutrition Facts



## Properties

Glycemic Index:27.4, Glycemic Load:5.4, Inflammation Score:-7, Nutrition Score:15.971739271413%

## Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 284.79kcal (14.24%), Fat: 9.26g (14.25%), Saturated Fat: 4.69g (29.34%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 41.15g (14.96%), Sugar: 2.71g (3.01%), Cholesterol: 25.09mg (8.36%), Sodium: 667.66mg (29.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.53%), Iron: 8.1mg (44.99%), Vitamin B2: 0.5mg (29.69%), Vitamin B3: 5.88mg (29.41%), Vitamin B1: 0.42mg (28.27%), Vitamin B6: 0.52mg (25.99%), Vitamin B12: 1.46µg (24.39%), Folate: 97.07µg (24.27%), Phosphorus: 174.37mg (17.44%), Vitamin A: 848.87IU (16.98%), Calcium: 160.43mg (16.04%), Vitamin C: 13.2mg (16%), Vitamin K: 15.08µg (14.36%), Selenium: 8.93µg (12.76%), Potassium: 365.69mg (10.45%), Manganese: 0.2mg (10.23%), Copper: 0.19mg (9.29%), Fiber: 2.06g (8.26%), Zinc: 1.21mg (8.1%), Magnesium: 28.05mg (7.01%), Vitamin D: 0.94µg (6.25%), Vitamin B5: 0.47mg (4.69%), Vitamin E: 0.37mg (2.48%)