



Sausage-Potato Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



16

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup knudsen cream sour
- 30 oz ore-ida hash brown potatoes shredded
- 1 cup miracle whip dressing
- 1 onion chopped
- 13 oz oscar mayer natural herb sausage italian cut into 1/4-inch-thick slices uncured style

Equipment

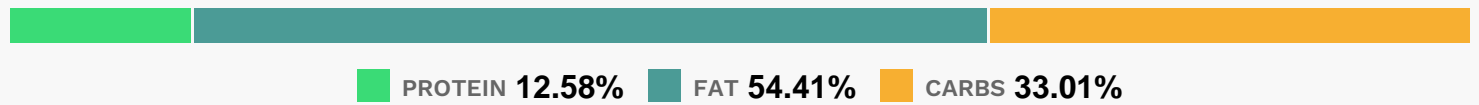
- bowl
- oven

baking pan

Directions

- Heat oven to 400F.
- Mix dressing, sour cream and onions in large bowl until blended.
- Add potatoes and sausage; mix lightly.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; cover.
- Bake 40 to 45 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:2.83, Inflammation Score:-1, Nutrition Score:3.9365217219228%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 158.21kcal (7.91%), Fat: 9.67g (14.87%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 12.03g (4.38%), Sugar: 2.42g (2.69%), Cholesterol: 26.5mg (8.83%), Sodium: 288.51mg (12.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin B3: 1.99mg (9.95%), Vitamin B1: 0.12mg (8.06%), Phosphorus: 69.79mg (6.98%), Potassium: 244.43mg (6.98%), Vitamin B6: 0.13mg (6.54%), Vitamin C: 5.16mg (6.25%), Fiber: 1.16g (4.66%), Iron: 0.82mg (4.56%), Zinc: 0.67mg (4.47%), Manganese: 0.09mg (4.46%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.62%), Magnesium: 11.2mg (2.8%), Calcium: 24.44mg (2.44%), Vitamin A: 117.97IU (2.36%), Vitamin D: 0.3µg (2%), Folate: 4.53µg (1.13%), Selenium: 0.73µg (1.04%)