

Scalloped Taters

 **Gluten Free**

READY IN



280 min.

SERVINGS



12

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter divided melted
- 10 ounces cream of chicken soup undiluted canned
- 0.8 cup oatmeal cornflakes crushed
- 0.3 cup dehydrated onion dried minced
- 2 pounds hash browns frozen cubed
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded

1.5 cups milk whole

Equipment

bowl

oven

slow cooker

Directions

In a large bowl, combine the hash browns, soup, milk, cheese, 1/2 cup butter, onion, salt and pepper.

Pour into a greased 5-qt. slow cooker. Cover and cook on low for 4-5 hours or until potatoes are tender.

Just before serving, combine the cornflake crumbs and remaining butter in a pie plate.

Bake at 350° for 4-6 minutes or until golden brown. Stir the potatoes; sprinkle with crumb topping.

Nutrition Facts


■ PROTEIN 9.77% ■ FAT 45.69% ■ CARBS 44.54%

Properties

Glycemic Index:18.42, Glycemic Load:5.16, Inflammation Score:-6, Nutrition Score:11.273912974026%

Nutrients (% of daily need)

Calories: 264.84kcal (13.24%), Fat: 13.76g (21.16%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 28.51g (10.37%), Sugar: 3.47g (3.86%), Cholesterol: 35.34mg (11.78%), Sodium: 521.63mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Iron: 5.3mg (29.46%), Vitamin B3: 4.05mg (20.25%), Vitamin B1: 0.3mg (20.05%), Vitamin B2: 0.33mg (19.67%), Vitamin B6: 0.37mg (18.73%), Vitamin B12: 1.02µg (17%), Folate: 60.49µg (15.12%), Phosphorus: 137.86mg (13.79%), Vitamin A: 687.87IU (13.76%), Vitamin C: 10.2mg (12.37%), Calcium: 121.35mg (12.14%), Potassium: 326.39mg (9.33%), Manganese: 0.17mg (8.63%), Selenium: 5.31µg (7.59%), Copper: 0.14mg (7.15%), Fiber: 1.66g (6.64%), Vitamin D: 0.92µg (6.16%), Zinc: 0.88mg (5.85%), Magnesium: 22.54mg (5.63%), Vitamin B5: 0.5mg (5.03%), Vitamin E: 0.45mg (3.02%), Vitamin K: 2.03µg (1.93%)