



WHATSheATE



Slow-Cooker Sour Cream and Onion Scalloped Hash Browns with Ham



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 10.4 ounces hash browns
- ☐ 2 tablespoons butter melted
- ☐ 2 cups water
- ☐ 10.8 ounces cream of mushroom soup reduced-sodium canned
- ☐ 11 ounces corn kernels whole green red undrained canned
- ☐ 12 ounces chives sour
- ☐ 6 ounces processed cheese food shredded

☐ 0.5 pound finely-chopped ham diced fully cooked

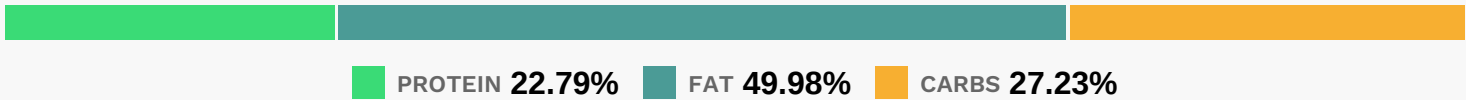
Equipment

☐ slow cooker

Directions

- ☐ Toss dry potatoes and butter in 3 1/2- to 4-quart slow cooker. Stir
- ☐ in remaining ingredients just until blended.
- ☐ Cover and cook on low heat setting 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:24.072173610978%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 318.16kcal (15.91%), Fat: 18.22g (28.03%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 19.09g (6.94%), Sugar: 4g (4.44%), Cholesterol: 58.48mg (19.49%), Sodium: 1437.43mg (62.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.39%), Vitamin K: 121.51µg (115.72%), Vitamin A: 2926.33IU (58.53%), Vitamin C: 46.62mg (56.51%), Phosphorus: 387.79mg (38.78%), Calcium: 362.95mg (36.3%), Manganese: 0.52mg (26.21%), Folate: 87.73µg (21.93%), Vitamin B1: 0.33mg (21.76%), Selenium: 14.18µg (20.26%), Vitamin B2: 0.31mg (18.05%), Zinc: 2.7mg (18.02%), Vitamin B3: 3.53mg (17.64%), Vitamin B12: 1.04µg (17.4%), Potassium: 586.08mg (16.75%), Copper: 0.33mg (16.26%), Magnesium: 55.77mg (13.94%), Vitamin B6: 0.27mg (13.65%), Iron: 2.38mg (13.25%), Fiber: 3.25g (12.99%), Vitamin B5: 1.07mg (10.72%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.17µg (1.13%)