



## Smoky Cheese and Potato Bake



Gluten Free

READY IN



370 min.

SERVINGS



14

CALORIES



150 kcal

SIDE DISH

### Ingredients

- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 8 oz cream sour (1 cup)
- ☐ 7 oz gouda cheese cut into 1/2-inch cubes
- ☐ 0.3 cup roasted peppers red (from a jar)
- ☐ 32 oz hash browns frozen southern-style thawed cubed (8 cups)

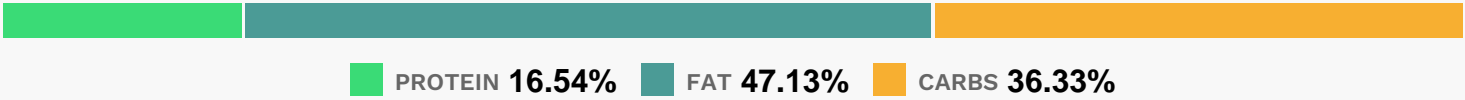
### Equipment

- ☐ bowl
- ☐ slow cooker

# Directions

- ☐ Spray 3 1/2 to 4-quart slow cooker with nonstick cooking spray. In medium bowl, combine soup, sour cream and cheese; mix well. Gently stir in roasted pepper strips.
- ☐ Arrange half of potatoes in sprayed slow cooker. Top with half of sour cream mixture; spread evenly. Top with remaining potatoes and sour cream mixture, spreading evenly. Do not stir.
- ☐ Cover; cook on low setting for 5 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:4.14, Glycemic Load:3.36, Inflammation Score:-2, Nutrition Score:5.0586956752383%

## Nutrients (% of daily need)

Calories: 149.55kcal (7.48%), Fat: 7.96g (12.25%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.82g (4.66%), Sugar: 0.87g (0.96%), Cholesterol: 26.81mg (8.94%), Sodium: 335.34mg (14.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Phosphorus: 127.14mg (12.71%), Calcium: 124.3mg (12.43%), Vitamin C: 7.01mg (8.5%), Manganese: 0.17mg (8.43%), Potassium: 254.37mg (7.27%), Zinc: 0.99mg (6.59%), Vitamin B3: 1.32mg (6.58%), Copper: 0.12mg (6%), Vitamin B2: 0.1mg (5.75%), Vitamin B1: 0.08mg (5.04%), Vitamin B12: 0.29µg (4.79%), Iron: 0.86mg (4.77%), Vitamin B6: 0.09mg (4.45%), Selenium: 2.86µg (4.08%), Vitamin A: 198.06IU (3.96%), Fiber: 0.99g (3.96%), Magnesium: 14.75mg (3.69%), Vitamin B5: 0.35mg (3.55%), Folate: 8.6µg (2.15%)