



Sour Cream and Onion Potato Casserole

 Gluten Free

READY IN



365 min.

SERVINGS



24

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.6 oz hash browns dried
- 3 tablespoons butter melted
- 24 oz chives sour
- 10.8 oz cream of mushroom soup canned
- 8 oz cheddar cheese shredded
- 5 cups water
- 0.5 cup fried onions french (from 2.8-oz can)

Equipment

slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, stir dried potatoes and butter until mixed.
- Add potato topper, soup, cheese and water; stir to mix.
- Cover; cook on Low heat setting 5 to 6 hours.
- Sprinkle french fried onions over potatoes before serving.

Nutrition Facts

 **PROTEIN 17.8%**  **FAT 56.68%**  **CARBS 25.52%**

Properties

Glycemic Index:4.29, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:8.367391290872%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 89.79kcal (4.49%), Fat: 5.81g (8.95%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.9g (1.78%), Sugar: 0.56g (0.62%), Cholesterol: 10.08mg (3.36%), Sodium: 185.42mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin K: 60.61µg (57.73%), Vitamin A: 1391.34IU (27.83%), Vitamin C: 17.99mg (21.8%), Calcium: 97.25mg (9.72%), Manganese: 0.17mg (8.58%), Folate: 33.39µg (8.35%), Phosphorus: 72.47mg (7.25%), Vitamin B2: 0.09mg (5.01%), Copper: 0.1mg (4.96%), Zinc: 0.69mg (4.59%), Potassium: 160.44mg (4.58%), Magnesium: 17.92mg (4.48%), Selenium: 2.98µg (4.26%), Iron: 0.74mg (4.1%), Fiber: 0.99g (3.97%), Vitamin B6: 0.07mg (3.35%), Vitamin B3: 0.61mg (3.05%), Vitamin B1: 0.05mg (3.03%), Vitamin B5: 0.22mg (2.16%), Vitamin B12: 0.12µg (2.04%), Vitamin E: 0.18mg (1.23%)