



Sour Cream and Onion Potato Casserole

 Gluten Free

READY IN



365 min.

SERVINGS



24

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

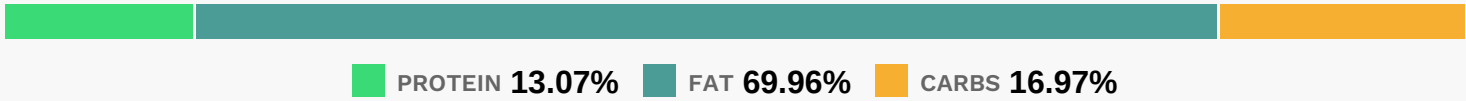
Equipment

☐ 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



Properties

Glycemic Index:2.42, Glycemic Load:0.99, Inflammation Score:-3, Nutrition Score:2.614782617144%

Nutrients (% of daily need)

Calories: 151.59kcal (7.58%), Fat: 11.75g (18.08%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 6.13g (2.23%), Sugar: 0.91g (1.01%), Cholesterol: 27.66mg (9.22%), Sodium: 316.11mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Calcium: 105.18mg (10.52%), Vitamin A: 426.61IU (8.53%), Phosphorus: 56.03mg (5.6%), Selenium: 2.73µg (3.9%), Zinc: 0.53mg (3.53%), Manganese: 0.07mg (3.3%), Vitamin B2: 0.05mg (3.09%), Copper: 0.05mg (2.73%), Potassium: 76.53mg (2.19%), Vitamin B3: 0.43mg (2.13%), Vitamin B12: 0.12µg (2.04%), Vitamin C: 1.51mg (1.84%), Iron: 0.28mg (1.58%), Vitamin B1: 0.02mg (1.56%), Magnesium: 6.01mg (1.5%), Vitamin B6: 0.03mg (1.39%), Vitamin B5: 0.12mg (1.24%), Fiber: 0.28g (1.13%)