



Sour Cream Scalloped Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

Ingredients

- 32 ounces hash browns frozen thawed cubed
- 16 ounces cream sour
- 10 ounces cream of chicken soup undiluted canned
- 1 cup cheddar cheese shredded
- 0.5 cup butter melted
- 0.5 cup onion finely chopped
- 1 teaspoon salt
- 0.5 teaspoon pepper

1 cup fried onions

Equipment

bowl

oven

baking pan

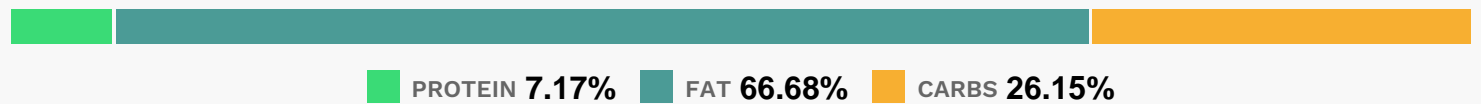
Directions

In a bowl, combine the first eight ingredients. Pour into an ungreased 2-1/2-qt. baking dish.

Bake, uncovered, at 350° for 1 hour.

Sprinkle with onions; return to the oven for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:7.15, Inflammation Score:-6, Nutrition Score:8.8460869815039%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 444.56kcal (22.23%), Fat: 33.47g (51.5%), Saturated Fat: 17.98g (112.37%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 27.75g (10.09%), Sugar: 2.6g (2.89%), Cholesterol: 80.92mg (26.97%), Sodium: 824.31mg (35.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Vitamin A: 914.69IU (18.29%), Calcium: 179.87mg (17.99%), Phosphorus: 178.57mg (17.86%), Vitamin C: 10.58mg (12.83%), Potassium: 442.02mg (12.63%), Vitamin B2: 0.2mg (11.62%), Manganese: 0.23mg (11.34%), Vitamin B3: 2.1mg (10.52%), Selenium: 7.31µg (10.44%), Vitamin B1: 0.14mg (9.03%), Copper: 0.18mg (8.91%), Iron: 1.59mg (8.82%), Vitamin B6: 0.14mg (7.22%), Zinc: 1.08mg (7.19%), Fiber: 1.79g (7.16%), Vitamin B5: 0.71mg (7.13%), Magnesium: 24.88mg (6.22%), Vitamin E: 0.85mg (5.63%), Vitamin B12: 0.29µg (4.88%), Vitamin K: 3.88µg (3.7%), Folate: 13.96µg (3.49%)