

Cheesy Potato Casserole II

*H. J. Heinz & Company - Ore Ida Potatoes
Dash Magazine - November 2012*

Servings: 8

*1 bag Ore Ida hash browns
1 can cream of chicken soup
2 cups sour cream
1/2 teaspoon salt
2 cups cheddar cheese, shredded
1/3 cup green onions, sliced
1/4 teaspoon ground black pepper
2 cups corn flakes, crushed
1/4 cup butter, melted*

Preparation Time: 10 minutes

Cook Time: 45 minutes

Preheat the oven to 350 degrees.

Coat a 13x9-inch baking dish with nonstick spray.

Whisk together the soup, sour cream, salt and pepper. Stir in the cheese, onions and hash browns until well mixed. Spoon evenly into the baking dish.

Mix together the corn flakes and butter. Sprinkle over the hash brown mixture. Bake uncovered for about 45 minutes or until hot and bubbly.

Let rest for 5 minutes before serving.

Per Serving (excluding unknown items): 330 Calories; 28g Fat (75.8% calories from fat); 10g Protein; 10g Carbohydrate; trace Dietary Fiber; 72mg Cholesterol; 597mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 330 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 75.8% | Vitamin B12 (mcg): | .4mcg |
| % Calories from Carbohydrates: | 12.4% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 11.8% | Riboflavin B2 (mg): | .3mg |
| Total Fat (g): | 28g | Folacin (mcg): | 39mcg |
| Saturated Fat (g): | 17g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 8g | Caffeine (mg): | 0mg |

| | |
|---------------------------------|--------|
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 72mg |
| Carbohydrate (g): | 10g |
| Dietary Fiber (g): | trace |
| Protein (g): | 10g |
| Sodium (mg): | 597mg |
| Potassium (mg): | 142mg |
| Calcium (mg): | 282mg |
| Iron (mg): | 3mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 5mg |
| Vitamin A (i.u.): | 1232IU |
| Vitamin A (r.e.): | 341RE |

| | |
|------------------------|------|
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------------------|-----|
| Grain (Starch): | 1/2 |
| Lean Meat: | 1 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 5 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

| | | |
|-----------------|-----|-------------------------------|
| Calories | 330 | Calories from Fat: 250 |
|-----------------|-----|-------------------------------|

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 28g | 43% |
| Saturated Fat | 17g | 87% |
| Cholesterol | 72mg | 24% |
| Sodium | 597mg | 25% |
| Total Carbohydrates | 10g | 3% |
| Dietary Fiber | trace | 1% |
| Protein | 10g | |
| Vitamin A | | 25% |
| Vitamin C | | 8% |
| Calcium | | 28% |
| Iron | | 14% |

* Percent Daily Values are based on a 2000 calorie diet.