

Easy Cheese Potatoes

*"Fruits of the Spirit" (2001) - Carla Preston
Grapevine United Methodist Church - Port St. Lucie, FL*

*1 package (two pound) frozen hash
brown potatoes, partially thawed
1 carton (16 ounce) sour cream
1 cup Monterey Jack cheese, shredded
1/2 cup green bell pepper, chopped
2 cups Colby cheese, shredded and
divided
1/2 cup onion, chopped
1 jar (2 ounce) sliced pimientos,
drained
1 tablespoon chicken flavor instant
bouillon*

Preheat the oven to 350 degrees.

In a large bowl, combine the hash brown potatoes, sour cream, Monterey Jack, green pepper, 1-1/2 cups Colby cheese, onion, pimientos and bouillon. Mix well.

Turn the mixture into a 13x9x2-inch baking dish.

Bake for 55 to 60 minutes or until the potatoes are tender.

Top with the remaining cheese.

Bake for 3 to 5 more minutes or until the cheese melts. Let stand for 5 minutes.

Per Serving (excluding unknown items): 1858 Calories; 155g Fat (74.7% calories from fat); 90g Protein; 28g Carbohydrate; 3g Dietary Fiber; 418mg Cholesterol; 2103mg Sodium. Exchanges: 11 1/2 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 24 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1858	Vitamin B6 (mg):	.5mg
% Calories from Fat:	74.7%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	6.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	19.3%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	155g	Folacin (mcg):	118mcg
Saturated Fat (g):	97g	Niacin (mg):	1mg
Monounsaturated Fat (g):	45g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0

0% Refused:	00%
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Food Exchanges

Nutrition Facts

		% Daily Values*
Total Fat	155g	239%
Saturated Fat	97g	487%
Cholesterol	418mg	139%
Sodium	2103mg	88%
Total Carbohydrates	28g	9%
Dietary Fiber	3g	11%
Protein	90g	
Vitamin A		114%
Vitamin C		122%
Calcium		269%
Iron		18%

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