

Healthier Hash Brown Casserole

20

Serving Information

Makes approximately
6 servings

Ingredients

1 pound frozen hash browns, thawed
¾ c. light sour cream
½ c. reduced-fat cheddar cheese
1 can (10¾-oz.) reduced sodium, low-fat
cream of chicken soup
1 Tbsp. minced onions
¼ tsp. black pepper
Cooking spray

Topping:

½ c. crushed saltines (no-salt added)
1 Tbsp. melted margarine

Equipment

Mixing bowl
Measuring cups and spoons
9" x 13" baking dish
Mixing spoon or spatula

Directions

1. Preheat oven to 350°F.
2. Combine first six ingredients. Place in baking dish that has been sprayed with cooking spray.
3. Combine crushed saltines with melted margarine. Sprinkle over potatoes.
4. Bake at 350°F for 30-45 minutes or until potatoes are tender.

Source: The Right Bite—University of Georgia Cooperative Extension Service, Extension in the Kitchen, 2002

Nutrition Facts

Serving Size (178g)
Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 390mg **16%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 7g

Vitamin A 10% • Vitamin C 8%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

