

# Quick Meatball Hash Brown Casserole

Paula Macri  
Scripps Treasure Coast Newspapers

1 bag (28 ounce) frozen potatoes  
O'Brien, thawed  
1 cup ricotta cheese  
1 can cream of mushroom or celery  
soup  
1 1/2 cups Cheddar cheese, grated  
24 frozen fully-cooked Italian  
meatballs, thawed

Preheat the oven to 350 degrees.

In a large bowl, mix together the potatoes,  
ricotta, soup and cheese.

Spray a 13x9-inch baking dish with cooking  
spray. Spread the potato mixture into the baking  
dish.

Place the meatballs evenly on the top of the  
potato mixture. Cover the pan with aluminum  
foil.

Bake for 45 minutes. Remove the foil. Bake for  
an additional 20 minutes or until bubbly.

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Per Serving (excluding unknown  
items): 1113 Calories; 88g Fat  
(71.4% calories from fat); 70g  
Protein; 10g Carbohydrate; 0g  
Dietary Fiber; 303mg Cholesterol;  
1262mg Sodium. Exchanges: 10  
Lean Meat; 11 1/2 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	1113	Vitamin B6 (mg):	.2mg
% Calories from Fat:	71.4%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	3.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.2%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	88g	Folacin (mcg):	61mcg
Saturated Fat (g):	56g	Niacin (mg):	trace
Monounsaturated Fat (g):	25g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	303mg	% Refuse:	0%

Carbohydrate (g): 10g  
 Dietary Fiber (g): 0g  
 Protein (g): 70g  
 Sodium (mg): 1262mg  
 Potassium (mg): 425mg  
 Calcium (mg): 1736mg  
 Iron (mg): 2mg  
 Zinc (mg): 8mg  
 Vitamin C (mg): 0mg  
 Vitamin A (i.u.): 3007IU  
 Vitamin A (r.e.): 902 1/2RE

### Food Exchanges

Grain (Starch): 0  
 Lean Meat: 10  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 11 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1113                      **Calories from Fat:** 794

### % Daily Values\*

<b>Total Fat</b>	88g	136%
Saturated Fat	56g	281%
<b>Cholesterol</b>	303mg	101%
<b>Sodium</b>	1262mg	53%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	0g	0%
<b>Protein</b>	70g	
<b>Vitamin A</b>		60%
<b>Vitamin C</b>		0%
<b>Calcium</b>		174%
<b>Iron</b>		12%

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