

Creamy Potato Bake II

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 package (12 ounce) frozen shredded
hash brown potatoes, thawed
1 jar (2-1/2 ounce) sliced
mushrooms, drained
2 tablespoons green onions, sliced
1 can (10-1/2 ounce) condensed
cream of mushroom soup
1 1/2 cups sharp cheddar cheese,
shredded
1/2 cup sour cream
1/2 teaspoon seasoned salt

Preheat the oven to 350 degrees.

Spread half of the potatoes over the bottom of a
10x6-inch baking dish.

Sprinkle with the mushrooms and onions.

Prepare the sauce: In a bowl, combine the
mushroom soup, cheddar cheese, sour cream
and seasoned salt. Spoon half of the sauce over
the mushrooms and onions.

Top with the remaining potatoes.

Spoon the remaining sauce over the top.

Bake for 35 to 40 minutes.

Per Serving (excluding unknown
items): 1269 Calories; 104g Fat
(72.9% calories from fat); 53g
Protein; 34g Carbohydrate; 2g
Dietary Fiber; 233mg Cholesterol;
4275mg Sodium. Exchanges: 1
Grain(Starch); 6 Lean Meat; 1
Vegetable; 1/2 Non-Fat Milk; 17
Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1269	Vitamin B6 (mg):	.2mg
% Calories from Fat:	72.9%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	10.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.4%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	104g	Folacin (mcg):	75mcg
Saturated Fat (g):	57g	Niacin (mg):	5mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0

0% Refused:	00%
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Food Exchanges

Grain (Starch):	1
Lean Meat:	6
Vegetable:	1
Fruit:	0
Non-Fat Milk:	1/2
Fat:	17
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	1269	Calories from Fat: 925
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		% Daily Values*
Total Fat	104g	160%
Saturated Fat	57g	286%
Cholesterol	233mg	78%
Sodium	4275mg	178%
Total Carbohydrates	34g	11%
Dietary Fiber	2g	8%
Protein	53g	
Vitamin A		55%
Vitamin C		14%
Calcium		145%
Iron		20%

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