

Chateau Potatoes

Chateau du Lac - Lake Arrowhead, CA
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

2 pound bag frozen hash brown potatoes, thawed
1 can (11 ounce) cream of chicken soup
1 cup sour cream
2 cups Cheddar cheese, grated
4 green onions, sliced
1/4 cup butter, melted
salt (to taste)
freshly ground pepper (to taste)
crushed corn cereal

Copyright: James Stroman

Preheat the oven to 350 degrees.

In a large bowl, combine the soup, sour cream, one cup of cheese, onions and butter.

Add the potatoes. Season with salt and pepper.

Place the mixture in a 13x9-inch casserole dish. Top with a mixture of the remaining cheese and the corn cereal.

Bake for 40 minutes or until done.

Per Serving (excluding unknown items): 162 Calories; 15g Fat (80.7% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 249mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):		162	Vitamin B6 (mg):		trace
% Calories from Fat:		80.7%	Vitamin B12 (mcg):		.2mcg
% Calories from Carbohydrates:		5.4%	Thiamin B1 (mg):		trace
% Calories from Protein:		13.9%	Riboflavin B2 (mg):		.1mg
Total Fat (g):		15g	Folacin (mcg):		9mcg
Saturated Fat (g):		9g	Niacin (mg):		trace
Monounsaturated Fat (g):		4g	Caffeine (mg):		0mg
Polyunsaturated Fat (g):		1g	Alcohol (kcal):		0
Cholesterol (mg):		39mg	% Daily Value*		0 0%
Carbohydrate (g):		2g	Food Exchanges		0
		trace			1

Dietary Fiber (g):
Protein (g): 6g
Sodium (mg): 249mg
Potassium (mg): 69mg
Calcium (mg): 166mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 562IU
Vitamin A (r.e.): 148RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 162 Calories from Fat: 131

% Daily Values*

Total Fat	15g	23%
Saturated Fat	9g	45%
Cholesterol	39mg	13%
Sodium	249mg	10%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	6g	

Vitamin A	11%
Vitamin C	2%
Calcium	17%
Iron	2%

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