

cracker barrel hashbrown casserole

nutrition information

cracker barrel hashbrown casserole nutrition information is a topic of interest for many who enjoy this popular comfort food but want to understand its nutritional profile. This article provides a comprehensive look at the nutritional content of Cracker Barrel's hashbrown casserole, including calories, macronutrients, vitamins, and minerals. Additionally, it explores the ingredients, potential allergens, and ways to enjoy this dish while maintaining a balanced diet. Understanding the nutritional facts can help consumers make informed choices when dining out or preparing a similar casserole at home. Detailed insights into portion sizes and health considerations related to this dish will also be discussed. This guide serves as a valuable resource for those tracking their intake or seeking healthier alternatives without sacrificing flavor.

- Nutritional Breakdown of Cracker Barrel Hashbrown Casserole
- Ingredients and Their Nutritional Impact
- Health Considerations and Dietary Concerns
- Serving Size and Caloric Intake
- Tips for Healthier Alternatives

Nutritional Breakdown of Cracker Barrel Hashbrown Casserole

Understanding the nutritional breakdown of Cracker Barrel hashbrown casserole nutrition information is essential for anyone monitoring their diet. This dish is known for its rich, creamy texture and savory flavor, primarily derived from potatoes, cheese, sour cream, and butter. Typically, a standard serving contains a significant amount of calories, fats, carbohydrates, and proteins. The macronutrient content can vary slightly depending on the portion size and specific recipe variations used by Cracker Barrel.

Calories and Macronutrients

A typical serving of Cracker Barrel hashbrown casserole contains approximately 380 to 450 calories. The calorie content largely comes from carbohydrates and fats present in the ingredients. Carbohydrates primarily come from the shredded potatoes, while fats are contributed by cheese, sour cream, and butter. Protein content is moderate, usually around 6 to 8 grams per serving, mainly from cheese and dairy components.

Fat Content and Types

The casserole has a relatively high-fat content, often ranging from 20 to 25 grams per serving. This includes saturated fats due to the use of dairy products like cheese and sour cream. Saturated fat intake is a consideration for heart health, so individuals monitoring this should be aware of this aspect of the dish. Additionally, the casserole contains cholesterol, which is another factor to consider in dietary planning.

Carbohydrates and Fiber

Carbohydrates in the casserole come predominantly from the hashbrowns. A serving typically contains around 35 to 40 grams of carbohydrates, including a small amount of dietary fiber. Fiber content is relatively low, usually less than 2 grams, since the main carbohydrate source is peeled and shredded potatoes.

Ingredients and Their Nutritional Impact

The nutritional profile of Cracker Barrel hashbrown casserole is directly influenced by its core ingredients. Each component contributes uniquely to the overall nutrition, flavor, and texture of the dish. Here, the primary ingredients and their nutritional significance are examined.

Potatoes

Shredded potatoes form the base of the casserole. Potatoes are a good source of carbohydrates, vitamin C, potassium, and some B vitamins. However, in this casserole, the potatoes are often peeled and cooked with added fats, which affects their nutritional value. Potatoes provide energy but limited fiber when peeled.

Cheese

Cheese is a key ingredient that adds flavor and richness. It contributes protein, calcium, and fat, particularly saturated fat. Cheese enhances the creamy texture but also increases the calorie and fat content significantly.

Sour Cream and Butter

Sour cream adds moisture and tanginess while contributing additional calories and saturated fat. Butter is used for richness and flavor, adding more saturated fats and cholesterol. Both ingredients are calorie-dense and influence the overall healthfulness of the dish.

Additional Ingredients

Other ingredients may include onions, cream soups, and seasonings. Cream soups add moisture and flavor but also increase sodium content. Seasonings typically do not add calories but can affect sodium levels depending on the amount used.

Health Considerations and Dietary Concerns

Cracker Barrel hashbrown casserole nutrition information highlights several health considerations that are important for consumers with specific dietary needs or restrictions. Understanding these factors can help in making informed decisions about consumption.

Sodium Content

This casserole is known to contain a relatively high amount of sodium, primarily due to cheese, sour cream, and cream soups. High sodium intake can contribute to hypertension and cardiovascular issues, so those monitoring salt consumption should be cautious.

Allergens

The dish contains common allergens such as dairy (milk, cheese, sour cream) and possibly gluten if cream soups containing wheat are used. Individuals with lactose intolerance, milk allergies, or gluten sensitivities should consider these factors.

Caloric Density and Weight Management

Given its calorie density and fat content, this casserole may not be ideal for those on calorie-restricted or low-fat diets. Portion control is important to enjoy this dish without exceeding daily caloric limits.

Serving Size and Caloric Intake

Portion size plays a crucial role in determining the nutritional impact of Cracker Barrel hashbrown casserole. The standard restaurant serving is generally around 1 cup or 150 to 175 grams, which contains the nutritional values mentioned earlier.

Recommended Serving Size

For those monitoring their caloric intake, a smaller portion size can help reduce calorie and fat consumption. Sharing a serving or pairing the casserole with a large portion of vegetables can balance the meal nutritionally.

Meal Planning Considerations

Integrating hashbrown casserole into a meal plan requires balancing with other food groups. Including lean proteins and fiber-rich vegetables can offset some of the nutritional drawbacks of the casserole.

Tips for Healthier Alternatives

For individuals who enjoy the flavor of Cracker Barrel hashbrown casserole but want to reduce calorie, fat, or sodium intake, several modifications and alternatives can be considered. These adjustments preserve taste while improving nutritional quality.

- Use reduced-fat cheese and sour cream to lower saturated fat content.
- Incorporate Greek yogurt as a substitute for sour cream to add protein and reduce fat.
- Reduce butter quantity or replace with heart-healthy oils in moderation.
- Use fresh onions and herbs for flavor instead of high-sodium cream soups.
- Increase fiber by adding vegetables such as bell peppers or spinach.
- Control portion sizes carefully to manage caloric intake.

By applying these tips, the hashbrown casserole can be enjoyed as part of a balanced diet without excessive intake of calories, fats, or sodium. Awareness of cracker barrel hashbrown casserole nutrition information enables better dietary decisions and promotes overall health.

Frequently Asked Questions

What are the main nutritional components of Cracker Barrel's hashbrown casserole?

Cracker Barrel's hashbrown casserole typically contains calories, fat, carbohydrates, and protein, with a notable amount of cheese, potatoes, and creamy sauce contributing to its calorie and fat content.

How many calories are in a serving of Cracker Barrel

hashbrown casserole?

A serving of Cracker Barrel hashbrown casserole contains approximately 410 to 420 calories, depending on portion size.

Is Cracker Barrel hashbrown casserole high in fat and sodium?

Yes, Cracker Barrel hashbrown casserole is relatively high in fat and sodium due to ingredients like cheese, butter, and seasoning used in the recipe.

Can Cracker Barrel hashbrown casserole fit into a low-carb diet?

Cracker Barrel hashbrown casserole is not suitable for a low-carb diet as it contains a significant amount of carbohydrates from potatoes and creamy ingredients.

Are there any allergen concerns in Cracker Barrel hashbrown casserole?

Yes, Cracker Barrel hashbrown casserole contains dairy (cheese and cream), and may contain gluten or other allergens depending on preparation, so individuals with allergies should check with the restaurant.

Additional Resources

1. *The Complete Guide to Cracker Barrel Hashbrown Casserole Nutrition*

This book provides a comprehensive overview of the nutritional content of Cracker Barrel's popular hashbrown casserole. It breaks down calories, macronutrients, and key vitamins and minerals, helping readers make informed dietary choices. The guide also compares traditional recipes with healthier alternatives.

2. *Healthy Comfort Foods: Cracker Barrel Hashbrown Casserole and Beyond*

Focusing on healthier versions of classic comfort foods, this book offers recipes inspired by Cracker Barrel's hashbrown casserole with nutritional modifications. It includes tips on reducing fat, sodium, and calories without sacrificing flavor, making it perfect for health-conscious readers who love comfort food.

3. *Understanding Restaurant Nutrition: Cracker Barrel Hashbrown Casserole Edition*

This title dives into the nutritional analysis of popular restaurant dishes, featuring Cracker Barrel's hashbrown casserole as a case study. Readers will learn how to interpret nutrition labels and make smarter dining choices when eating out. The book also explores ingredient sourcing and portion control.

4. *The Science of Casseroles: Nutrition and Flavor in Cracker Barrel's Hashbrown Dish*

Exploring the balance between taste and nutrition, this book explains the science behind casserole ingredients and cooking techniques. It uses Cracker Barrel's hashbrown

casserole to demonstrate how certain ingredients impact both flavor and health. The book is ideal for culinary students and food enthusiasts.

5. *Calorie Counting Comfort: Cracker Barrel Hashbrown Casserole and Similar Dishes*

This practical guide helps readers track calories and nutritional values in popular comfort foods, with a detailed focus on Cracker Barrel's hashbrown casserole. It includes meal planning advice and portion size recommendations to maintain a balanced diet while enjoying favorite dishes.

6. *From Cracker Barrel to Kitchen Table: Nutritional Insights on Hashbrown Casserole*

A home cook's companion to understanding and replicating Cracker Barrel's hashbrown casserole with attention to nutrition. The book offers ingredient substitutions and cooking tips to create a healthier casserole that still captures the essence of the original. It also includes nutritional charts and serving suggestions.

7. *Nutrition Facts Unveiled: Cracker Barrel Hashbrown Casserole Explored*

This book presents a detailed breakdown of the nutritional facts behind Cracker Barrel's hashbrown casserole, including macronutrient ratios and ingredient impacts. It educates readers on how to balance indulgence with health goals and offers strategies for mindful eating.

8. *The Ultimate Cracker Barrel Cookbook: Hashbrown Casserole and Nutritional Variations*

A cookbook featuring a variety of recipes inspired by Cracker Barrel's hashbrown casserole, with an emphasis on nutritional improvements. Each recipe includes detailed nutrition information, making it easier for readers to choose options that fit their dietary needs without compromising taste.

9. *Balancing Flavor and Health: Cracker Barrel Hashbrown Casserole Nutrition Explained*

This book focuses on finding the perfect balance between enjoying flavorful casseroles and maintaining good nutrition. Using Cracker Barrel's hashbrown casserole as the primary example, it discusses ingredient roles, calorie management, and healthier cooking techniques. It's a valuable resource for anyone looking to enjoy comfort food responsibly.

Cracker Barrel Hashbrown Casserole Nutrition Information

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drawn from a list of the top ten full-service restaurant chains, including Houlihan's, Red Lobster, and Pizza Hut. Also included in this savory cookbook is a special section devoted to dishes from hot theme restaurants such as Hard Rock Cafe, Planet Hollywood, and Dive! Recipes include: Applebee's Quesadillas; Denny's Moons Over My Hammy; Bennigan's Cookie Mountain Sundae; The Olive Garden Toscana Soup; The Cheesecake Factory Bruschetta; T.G.I.Friday's Nine-Layer Dip; Pizza Hut Original Stuffed Crust Pizza; Chi-Chi's Nachos Grande, and many more!

cracker barrel hashbrown casserole nutrition information: *Copycat Recipes Restaurant* Gordon Ripert, 2021-04-08 Do you love to dine out? Do you enjoy trying out foods from different restaurants but find them to be too expensive? If you want to save some money while still enjoying some of your favorite restaurant foods, you will love the restaurant copycat recipes that are included in this book. These recipes will render meal preparation a breeze when you mix-and-match main courses from one restaurant with appetizers you enjoy from another and end with a third copycat dessert. Protect your wellbeing and finances as you invest more time in enjoying meals with your friends and family in your own home. This cookbook offer you tried-and-tested recipe ideas that taste exactly like the ones from your favorite restaurants. Inside this cookbook, you'll find: - Wonderful breakfast recipes, like the "Hash Brown Casserole" dish from Cracker Barrel and "Sausage and Egg Muffin" from McDonald's - Heartening soup recipes, including "Chicken Gnocchi Soup from" Olive Garden and "Walkabout Soup" from Outback Steakhouse - Scrumptious chicken recipes, such as "Tequila Lime Chicken" from Applebee's - Nutritious beef and pork recipes, like "Pork Carnitas" from Chipotle Mexican Grill and "Mongolian Beef" from PF Chang's - Amazing fish and seafood recipes, such as "Shrimp Scampi" from Red Lobster and "Fish in Batter" from Long John Silver's If you have been struggling to prepare dishes in your kitchen with the restaurant perfection and you want to be an expert without spending much on cooking classes then this book is perfect for you. Let's try making your favorite restaurant recipes at the comfort of your own home! Get this book TODAY!

cracker barrel hashbrown casserole nutrition information: **HOLY HYDRATION** Amanda Miller, 2025-09-08 In a world that often feels like a parched desert, where we walk through wide stretches of emptiness and thirst for something more, Holy Hydration offers a powerful reminder of the life-giving abilities of God's presence. Life can leave us feeling depleted, as though we are wandering through a desert in search of relief. Yet in the midst of our thirst, God provides a spring of hope and renewal. Amanda Marie Miller draws from personal experiences of loss, marital challenges, and spiritual growth to reveal the profound impact of embracing the living water that only God can provide. We all need to be replenished, quenched, renewed, sustained, and refreshed. This book invites you to discover how we can experience true restoration by allowing God's divine hydration to fill our souls. Just as a desert yearns for rain, our spirits crave the refreshment that comes from being filled with God's holy hydration. We can absorb more of him when we empty ourselves. We are reservoirs designed to be filled with his love and strength, and when we allow him to saturate our souls, we find true renewal. Holy Hydration illustrates that God's presence is not merely a comfort but the ultimate source of our greatest strength. If we seek him, we can find God in our daily lives, transforming ordinary moments into opportunities for spiritual refreshment. Through the valleys and mountains of life, Amanda Marie Miller shows how God's presence can be our spring of hope and transformation. This book is a journey of discovering how to be continually replenished and renewed by the living water of God's grace. Let the insights and experiences shared within inspire you to seek out this holy hydration and experience how God can refresh every part of your being.

cracker barrel hashbrown casserole nutrition information: *Copycat Recipes* Gordon Ripert, 2021-03-16 Would you like to eat your favorite restaurant recipes at home saving time and money? Are you tired of paying overpriced meals and waiting hours in queue at the restaurant? Well, just keep reading and all will be clearer to you! Dining out can be pretty expensive. Most restaurants' specialties are overpriced and this is a fact. It could be life-saving if same recipes are replicated at home without having the need to spend a penny visiting those eateries. Maybe you already know

that copycat recipes can taste very similar to the restaurant recipes. Indeed, restaurant recipes are made with popular ingredients that anyone can find in their kitchen. But you need to be careful: if you really want to replicate your favorite original restaurant specials at home, you must make sure that you are following clear, detailed and trustworthy instructions. Even a single wrong ingredient or dosage can indeed mislead from your expected result. Moreover, most of the easily accessible recipes are just inspired-by versions, and restaurants jealously keep their secret recipes from spreading around. How to do then? DON'T WORRY: all you have to do is to follow the teaching of this book. "Copycat Recipes: Step-by-Step Cookbook to Make the Most Popular Restaurant Dishes at Home On a Budget" by Gordon Ripert includes verified and personally tested methods which strictly replicate restaurant preparation procedures. With this unique Guide you'll discover all the information you need: you will get to know specific ingredients and the secret methods adopted by restaurants, but also useful information on preparation times, servings, and other tips. There is a wide range of FOOD CATEGORIES: breakfast, appetizers, salads, side dishes, mains, burgers, desserts, drinks and much more! Inside you will discover: · +70 Exposed Secret Recipes from over 10 FAMOUS RESTAURANTS or FAST FOOD such as □Bob Evan's, □Cracker Barrel, □Olive Garden, □Applebee's, □PF Chang's and □ McDonald's, □Cheesecake Factory, □Subway, □ Krispy Kreme, □ Taco Bell and much more! · Special tips and tricks to get the most from your cooking experience. · The closest estimates of the calories and macro-nutrients associated with each recipe that you would prepare at home. · A special table that helps you convert the metric measurements into the US Standard ones. Temperature equivalents are also highlighted by this comprehensive book. If you have been struggling to prepare dishes in your kitchen with the restaurant perfection and you want to be an expert without spending much on cooking classes, then this book is perfect for you. ***Are you still wondering? *** This book would further guide you about the correct way to make your own Starter Sourdough at home. Baking an Artisan Bread will no longer be difficult now! There was a myth that preparing restaurant dishes at home could be really complicated and time-consuming. With this copycat recipes, it will now be really simple and fun! You will be really grateful to yourself for choosing this book. Scroll up to the top and select the "Buy Now" option. You are now just a click away from preparing that Big Mac in your kitchen like a pro.

cracker barrel hashbrown casserole nutrition information: Top Secret Recipes

Step-by-Step Todd Wilbur, 2015-11-17 The #1 Bestselling Top Secret Recipes Series—With More Than 4 Million Books Sold! A full-color cookbook from America's Clone Recipe King For more than twenty-five years, Todd Wilbur has been obsessed with recreating America's most iconic brand-name foods at home. In his first cookbook with color photos, the New York Times bestselling author brings you 125 new clone recipes: 75 first-time hacks and 50 overhauled all-time favorites. Each recipe comes with easy-to-follow step-by-step photos so that even novice cooks can perfectly recreate their favorite famous foods with everyday ingredients. And your homemade versions cost just a fraction of what the restaurants charge! The result of years of careful research, trial-and-error, and a little creative reverse-engineering, Top Secret Recipes® Step-by-Step hacks: • KFC® Original Recipe® Fried Chicken and Cole Slaw • Cinnabon® Classic Cinnamon Roll • IKEA® Swedish Meatballs • Pinkberry® Original Frozen Yogurt • Raising Cane's® Chicken Fingers and Sauce • Arby's® Curly Fries • Lofthouse® Frosted Cookies • Wendy's® Chili • Panera Bread® Fuji Apple Chicken Salad • Starbucks® Cake Pops • Cafe Rio® Sweet Pork Barbacoa • McDonald's® McRib® Sandwich • The Melting Pot® Cheddar Cheese Fondue • P.F. Chang's® Chicken Lettuce Wraps • The Cheesecake Factory® Stuffed Mushrooms • Ben & Jerry's® Chocolate Chip Cookie Dough Ice Cream • Chick-fil-A® Chicken Sandwich • Chili's® Baby Back Ribs • Chipotle Mexican Grill® Adobo-Marinated Grilled Chicken & Steak • Cracker Barrel® Hash Brown Casserole • Mrs. Fields® Chocolate Chip Cookies • Ruth's Chris Steakhouse® Sweet Potato Casserole And over 100 more delicious dishes, from snacks and appetizers to entrees and desserts!

cracker barrel hashbrown casserole nutrition information: Taste of Home Copycat

Restaurant Favorites Taste of Home, 2019-11-05 Amp up your dinner routine with more than 100 restaurant copycat dishes made at home! Skip the delivery, avoid the drive thru and keep that tip

money in your wallet, because Taste of Home Copycat Restaurant Favorites brings America's most popular menu items to your kitchen. Inside Taste of Home Copycat Restaurant Favorites you'll find more than 100 no-fuss recipes inspired by Olive Garden, Panera Bread, Pizza Hut, Cinnabon, Chipotle, Applebee's, Taco Bell, TGI Fridays, The Cheesecake Factory and so many others. Dig in to all of the hearty, savory (and sweet) menu classics you crave most—all from the comfort of your own home. With Taste of Home Copycat Restaurant Favorites, get all of the takeout flavors you love without leaving the house! CHAPTERS Best Appetizers Ever Coffee Shop Favorites Specialty Soups, Salads & Sandwiches Copycat Entrees Favorite Odds & Ends Double-Take Desserts

cracker barrel hashbrown casserole nutrition information: Vegan Fast Food Brian Watson, 2022-09-27 Forget the drive-through, in Vegan Fast Food you'll find mouthwatering junk food and comfort food classics, minus the meat and dairy. Whether you're a brand-new vegan missing buffalo wings or a longtime vegan tired of the limited vegan options when eating out, Brian Watson, aka Thee Burger Dude, has been there. In fact, few food bloggers have thought more about what textures, tastes, and special sauces make iconic dishes so addictive. In this book, he takes you on a tour through national chain favorites, regional cult classics, and even a few nostalgic dishes perfect for parties, potlucks, or any Saturday night. Recipes include: Nationwide Burgers and Fries: Brian made his name on recreations of iconic burgers. In this chapter, he shares his obsessively researched, version 2.0 editions for nationwide icons and debuts a ton of new recipes as well. Fried Chicken, Wings, and Nuggets: Multiple styles of plant-based fried chicken are covered, including Brian's YouTube sensation oyster mushroom fried chicken. Beyond the Bun: Craveable Mexican, Asian, and fast-casual recipes that are every bit as good as the original meaty or cheesy versions range from delivery-like pizza and kung pao to gorditas, burrito bowls, and meatball subs. The Most Important Meal of the Day: Breakfast for dinner? Hangover brunch? No matter the mission, this chapter packs the vegan biscuits and gravy, breakfast burritos, diner-style pancakes, and the French toast sticks to make it happen. With a basics chapter that sets you up with homemade burgers, fried chicken, and all the essential condiments, you're sure to find whatever you're craving!

cracker barrel hashbrown casserole nutrition information: The 25 Greatest Top Secret Recipes Todd Wilbur, 2011-10-04 America's original Clone Recipe King shares 25 of his all-time tastiest and most popular copycat recipes for easy home versions of your favorite famous foods.

cracker barrel hashbrown casserole nutrition information: The Everything Restaurant Copycat Recipes Cookbook Kelly Jagers, 2025-03-18 Offers 200 recipes that recreate popular restaurant dishes at home, including iconic items such as Olive Garden bread sticks and Pizza Hut stuffed crust pizza, with simple instructions designed to deliver authentic flavors at a fraction of the cost.

cracker barrel hashbrown casserole nutrition information: The Soup Mix Gourmet Diane Phillips, 2001-09-15 Mainstream short-cut cooking at its best, with 375 recipes that use dry soup mix or canned condensed soup as a key flavor ingredient.

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cracker barrel hashbrown casserole nutrition information: A Rich, Deliciously Satisfying Collection of Breakfast Recipes Janet Sue Terry, 2005-08 A Rich, Deliciously Satisfying Collection of Breakfast Recipes I grew up with hot buttermilk biscuits, gravy, meat, eggs, fried potatoes, and sometimes fried apples on the breakfast table every single morning. Over the years I acquired a valued collection of my own favorite recipes. They are a whisper from days gone by. A trip to the past when breakfast was the most important meal of the day. The first meal of the morning was a celebration of life and the gift of a new day. Breakfast was a time for families to congregate and fortify one another for the hectic, uncertain day that lay ahead. Most of the recipes in this book are high calorie-high fat recipes. You can control the fat content in your food by substituting ingredients when you cook at home. You have no such control over the food you eat in restaurants. The following quote sums up my thoughts exactly: "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." -- Adelle Davis (1904-1974). Therefore, if you are going to eat one good meal today, make it breakfast. A Rich, Deliciously Satisfying Collection of Breakfast Recipes includes: gourmet coffee, (International coffee, Christmas coffee, Irish, viennese, cappuccino, hazelnut cafe-au-lait, French vanilla, etc.) creamers, hot chocolate (French, Mayan, Mexican, etc.), and tea (apricot mint, orange, lemon almond, etc.) recipes. Fruit drinks, cider, and smoothie recipes. Soft drinks, (root beer, ginger ale, and a Coca-Cola? clone recipe), soda drinks, and punch recipes. Quick fruit breads (banana nut bread, cherry bread, pumpkin bread, apple bread, etc.), muffins, and French toast recipes. Fruit bread and mixes in a canning jar (banana nut bread, gingerbread, zucchini bread, etc.) recipes. Jelly (mint, currant, Apple, Grape, Cherry, etc.), jam, preserves, marmalades, and syrup recipes. Pancakes (blueberry, cranberry, buttermilk, etc.), crepes, and waffles (Kentucky gingerbread, buttermilk, etc.), recipes. Doughnuts (yeast, cake, filled, etc.), rolls (cinnamon, sticky buns, orange swirl, etc.), strudel, and Danish recipes. Coffee cakes, streusel, berry cakes, breakfast cobblers, kuchen, and crumb cakes recipes. Scones and bannock recipes. Oatmeal, rice, grits, and granola recipes. Southern gravy (red-eye, sausage gravy, etc.), and biscuits (buttermilk, cheese, raisins, etc.) Breakfast meats (ham, bacon, pork chops, fried chicken, fried squirrel, fried rabbit, sausage, etc.), recipes. Breakfast side dishes (fried green tomatoes, hash browns, fried squash, fried apples, fried corn, etc.), recipes. Bread pudding (cranberry bread pudding with fruits and whisky or rum sauces, chocolate bread pudding, etc.), recipes. Egg recipes, including; omelets, casseroles, frittatas, enchiladas, pizzas, pies, quesadillas, burritos, stir-fry, strata, popovers, and quiches. You will treasure this comprehensible breakfast cookbook for many years to come. This recipe book also contains a brief history on some foods and cooking tips including; making yeast breads, canning homemade jellies, jams, marmalades, preserves, and conserves, designing and giving gift baskets filled with homemade items such as gourmet coffee mixes, homemade jelly, jam, marmalade, preserves, syrup, and fruit breads baked in a jar that will last a good twelve months in the freezer. I wrote the kind of cookbook I want to keep on hand in my own kitchen. I hope you enjoy it as much as I will.

cracker barrel hashbrown casserole nutrition information: *I Beat Diabetes, You Can Too!* Keithron Powell, 2014-11-26 According to the American Diabetes Association, diabetes affects more than 29 million people and kills more people than Cancer and AIDS combined each year. Of that number, there are 8 million people that are undiagnosed. Keithron Powell was diagnosed with Type 2 Diabetes in September of 2013. He had a blood sugar level of 460 and his A1C was 14. His doctor told him that he'd be on medications for the rest of his life. In this compelling and transparent book you'll discover how one year later, he was removed from all of his medications. He beat diabetes and you can too.

cracker barrel hashbrown casserole nutrition information: *The Donaho-Earhart Family*

Cookbook and Album Virginia Donaho Earhart, 2002

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