



1-2-3 Hash Brown Pie

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



259 kcal

Ingredients

- 2 cups broccoli florets frozen
- 8 oz mushrooms drained canned
- 4 eggs
- 2 cups ore-ida hash brown potatoes diced thawed
- 1 cup low-moisture part-skim mozzarella cheese shredded divided kraft
- 0.3 cup milk
- 0.5 tsp thyme leaves and onion powder dried
- 0.3 tsp pepper

Equipment

oven

whisk

Directions

Heat oven to 375F.

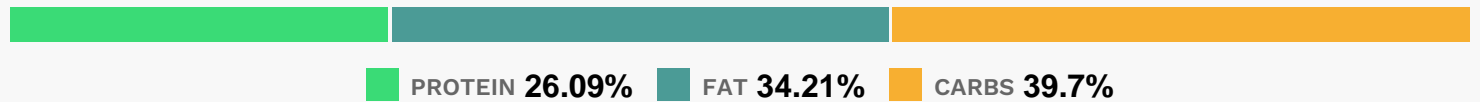
Press potatoes onto bottom and up side of 9-inch pie plate sprayed with cooking spray. Top with 1/2 cup cheese, mushrooms and broccoli.

Whisk eggs, milk and seasonings until blended; pour over ingredients in pie plate.

Sprinkle with remaining cheese.

Bake 35 min. or until center is set and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:6.19, Inflammation Score:-6, Nutrition Score:19.484782446986%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 259.33kcal (12.97%), Fat: 10.12g (15.57%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 22.36g (8.13%), Sugar: 3.32g (3.69%), Cholesterol: 183.43mg (61.14%), Sodium: 520.75mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Vitamin C: 49.24mg (59.69%), Vitamin K: 47.76µg (45.48%), Phosphorus: 349.25mg (34.93%), Selenium: 21.61µg (30.88%), Calcium: 301.21mg (30.12%), Vitamin B2: 0.39mg (22.78%), Vitamin B5: 1.82mg (18.15%), Potassium: 625.64mg (17.88%), Manganese: 0.33mg (16.48%), Fiber: 4.05g (16.21%), Folate: 63.05µg (15.76%), Vitamin B6: 0.31mg (15.49%), Vitamin B3: 3.02mg (15.11%), Copper: 0.3mg (15.01%), Zinc: 2.22mg (14.8%), Iron: 2.66mg (14.76%), Vitamin B1: 0.21mg (14.25%), Vitamin A: 683.63IU (13.67%), Vitamin B12: 0.7µg (11.73%), Magnesium: 43.42mg (10.86%), Vitamin D: 1.25µg (8.3%), Vitamin E: 0.87mg (5.81%)