



Asparagus-Potato Brunch Bake

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup spring onion sliced
- ☐ 8 eggs
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 3 cups hash browns diced frozen southern-style thawed (from 32-oz bag)
- ☐ 0.5 lb finely-chopped ham lean cooked chopped
- ☐ 9 oz asparagus frozen thawed drained
- ☐ 4 oz cheddar cheese shredded

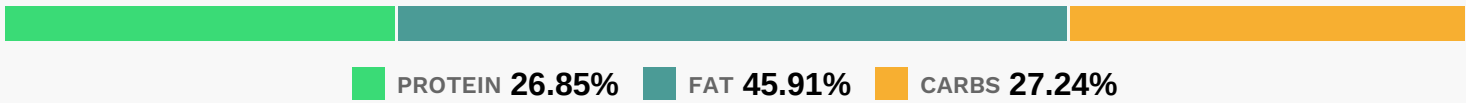
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Generously spray 13x9-inch (3-quart) baking dish with cooking spray. In 8-inch skillet, melt butter over medium heat. Cook onions in butter 2 to 3 minutes, stirring occasionally, until tender.
- ☐ In large bowl, mix eggs and milk until blended. Stir in cooked onions, potatoes, ham and asparagus.
- ☐ Pour into baking dish. Top with cheese.
- ☐ Bake 30 to 35 minutes or until set. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:19.41, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:16.15434793804%

Flavonoids

Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 255.74kcal (12.79%), Fat: 13.14g (20.21%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 15.44g (5.61%), Sugar: 1.87g (2.08%), Cholesterol: 199.01mg (66.34%), Sodium: 525.36mg (22.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Vitamin K: 39.61µg (37.73%), Selenium: 24.48µg (34.98%), Phosphorus: 309.83mg (30.98%), Vitamin B2: 0.42mg (24.57%), Vitamin C: 17.2mg (20.85%), Vitamin B1: 0.31mg (20.64%), Vitamin B12: 1.03µg (17.2%), Calcium: 171.82mg (17.18%), Vitamin A: 839.2IU (16.78%), Iron: 2.67mg (14.85%), Zinc: 2.18mg (14.5%), Potassium: 500.97mg (14.31%), Vitamin B5: 1.39mg (13.88%), Vitamin B3: 2.75mg (13.77%), Vitamin B6: 0.27mg (13.57%), Folate: 52.57µg (13.14%), Copper: 0.22mg (10.88%), Manganese: 0.21mg (10.64%), Fiber: 2.1g (8.39%), Magnesium: 32.58mg (8.14%), Vitamin D: 1.13µg (7.56%), Vitamin

E: 1.05mg (7.01%)