



Bacon and Hash Brown Egg Bake

 Gluten Free

READY IN



580 min.

SERVINGS



12

CALORIES



380 kcal

SIDE DISH

Ingredients

- 1 lb bacon cut into 1-inch pieces
- 0.5 cup onion chopped
- 0.8 cup bell pepper red chopped
- 8 oz mushrooms fresh sliced
- 2 tablespoons dijon mustard
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 0.8 cup milk

- 12 eggs
- 2 lb hash browns frozen thawed
- 8 oz cheddar cheese shredded

Equipment

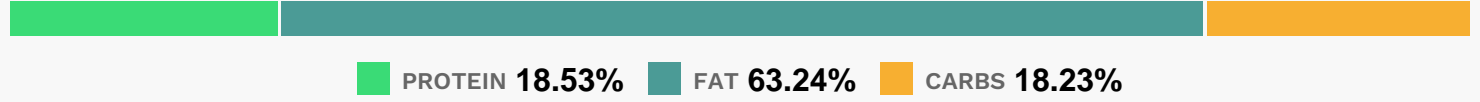
- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- kitchen thermometer
- slotted spoon

Directions

- In 12-inch skillet, cook bacon until crisp. Using slotted spoon.
- Remove from pan to small bowl. Cover and refrigerate.
- Drain drippings, reserving 1 tablespoon in pan.
- Add onion, bell pepper and mushrooms; cook 4 minutes over medium heat, stirring occasionally. Stir in mustard, salt and pepper. In large bowl, beat milk and eggs with wire whisk.
- Spray 13x9-inch (3-quart) baking dish with cooking spray.
- Spread half of hash browns in baking dish.
- Spread onion mixture evenly on top.
- Sprinkle with 1 cup of the cheese.
- Spread remaining hash browns over top.
- Pour egg mixture on top. Cover; refrigerate 8 hours or overnight.
- Heat oven to 325°F. Uncover; bake 50 to 60 minutes or until thermometer inserted in center reads 160°F.

- Sprinkle with remaining 1 cup cheese and the bacon.
- Bake 3 to 5 minutes longer or until knife inserted in center comes out clean, top is puffed and cheese is melted.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:4.63, Inflammation Score:-5, Nutrition Score:14.463478316431%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 379.77kcal (18.99%), Fat: 26.76g (41.16%), Saturated Fat: 10.46g (65.4%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 15.67g (5.7%), Sugar: 2.04g (2.27%), Cholesterol: 209.36mg (69.79%), Sodium: 584.74mg (25.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.28%), Selenium: 29.63µg (42.32%), Phosphorus: 302.49mg (30.25%), Vitamin B2: 0.43mg (25.54%), Vitamin C: 19.02mg (23.05%), Calcium: 191.22mg (19.12%), Vitamin B3: 3.63mg (18.17%), Vitamin B6: 0.32mg (16.01%), Vitamin B5: 1.59mg (15.93%), Vitamin B1: 0.24mg (15.83%), Vitamin A: 759.6IU (15.19%), Vitamin B12: 0.87µg (14.51%), Zinc: 2.08mg (13.86%), Potassium: 482.81mg (13.79%), Iron: 1.89mg (10.52%), Copper: 0.2mg (9.81%), Folate: 36.63µg (9.16%), Vitamin D: 1.35µg (9%), Manganese: 0.18mg (8.93%), Magnesium: 29.89mg (7.47%), Fiber: 1.68g (6.74%), Vitamin E: 0.93mg (6.23%), Vitamin K: 1.29µg (1.23%)