



## Breakfast Link Bake

 Gluten Free

READY IN



65 min.

SERVINGS



10

CALORIES



340 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon pepper black
- 0.3 teaspoon parsley dried
- 10 large eggs
- 20 ounce hash brown potatoes refrigerated bob evans®
- 2 cups mild cheddar cheese shredded
- 0.8 cup milk
- 0.5 cup onion diced

- 1 teaspoon salt
- 12 ounce original sausage links uncooked bob evans® ()
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 375 degrees F. Spray 13 x 9 inch pan with vegetable oil spray.
- Add hash brown potatoes and oil. Toss to combine. Press potatoes into bottom and up sides of pan.
- Bake for 20 to 25 minutes or until browned. Set aside.
- If using roll sausage, in medium skillet over medium heat, crumble and brown sausage.
- Remove from heat. In large bowl, whisk together eggs, milk, baking powder, salt and pepper.
- Add onion and pour over baked hash brown potatoes.
- Place two rows of sausage links OR scatter cooked roll sausage on top of egg mixture. Cover pan.
- Bake for 30 to 35 minutes or until center is firm and sausage is cooked through.
- Remove from oven and uncover. Top with cheese and parsley. Return to oven uncovered and continue to bake 5 to 10 minutes or until cheese is melted.
- Remove from oven; allow to set 5 to 10 minutes before serving.

## Nutrition Facts

 **PROTEIN 21.92%**  **FAT 63.15%**  **CARBS 14.93%**

## Properties

Glycemic Index:27.5, Glycemic Load:3.56, Inflammation Score:-4, Nutrition Score:12.463478223137%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 340.06kcal (17%), Fat: 23.77g (36.57%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.71g (4.26%), Sugar: 1.48g (1.64%), Cholesterol: 235.29mg (78.43%), Sodium: 708.68mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.12%), Selenium: 22.31µg (31.87%), Phosphorus: 300.36mg (30.04%), Vitamin B2: 0.41mg (23.83%), Calcium: 233.01mg (23.3%), Vitamin B12: 1.07µg (17.88%), Zinc: 2.42mg (16.14%), Vitamin B6: 0.28mg (13.75%), Vitamin B5: 1.35mg (13.5%), Vitamin B3: 2.62mg (13.11%), Vitamin B1: 0.19mg (12.61%), Vitamin D: 1.78µg (11.86%), Vitamin A: 552.09IU (11.04%), Potassium: 372.31mg (10.64%), Iron: 1.89mg (10.51%), Folate: 32.39µg (8.1%), Vitamin C: 5.48mg (6.65%), Magnesium: 26.25mg (6.56%), Copper: 0.13mg (6.31%), Manganese: 0.12mg (5.95%), Vitamin E: 0.88mg (5.88%), Fiber: 0.94g (3.77%), Vitamin K: 3.53µg (3.36%)