

Breakfast Pie

 **Gluten Free**

READY IN



65 min.

SERVINGS



6

CALORIES



427 kcal

Ingredients

- ☐ 8 bacon diced
- ☐ 0.3 cup oatmeal cornflakes crushed
- ☐ 0.5 cup curd cottage cheese 4%
- ☐ 5 eggs lightly beaten
- ☐ 1 spring onion sliced
- ☐ 2.5 cups hash browns frozen cubed
- ☐ 0.5 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 6 ounces cheddar cheese shredded

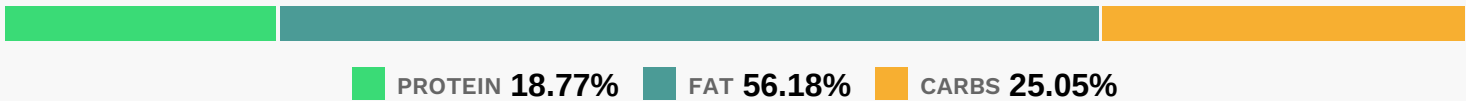
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife

Directions

- ☐ In a large skillet, cook bacon over medium heat until crisp.
- ☐ Remove to paper towels.
- ☐ Drain, reserving 2 teaspoons drippings. Stir reserved drippings into cornflakes; set aside.
- ☐ In a large bowl, combine the eggs, milk, cottage cheese, cheddar cheese, onion, salt and pepper until blended. Stir in hash browns.
- ☐ Pour into a greased 9-in. pie plate.
- ☐ Sprinkle with bacon and cornflake mixture. Cover and refrigerate overnight.
- ☐ Remove from the refrigerator 30 minutes before baking.
- ☐ Bake, uncovered, at 325° for 45–50 minutes or until a knife inserted near the center comes out clean.
- ☐ Let stand for 5–10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:5.17, Inflammation Score:-6, Nutrition Score:16.811738967896%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 427.46kcal (21.37%), Fat: 26.76g (41.17%), Saturated Fat: 11.33g (70.78%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.23g (9.17%), Sugar: 2.66g (2.95%), Cholesterol: 189.52mg (63.17%), Sodium: 779.74mg (33.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.24%), Selenium: 28.35µg (40.51%), Phosphorus: 345.03mg (34.5%), Vitamin B2: 0.54mg (31.57%), Calcium: 272.95mg (27.3%), Iron: 4.56mg (25.34%), Vitamin B12: 1.45µg (24.19%), Vitamin B1: 0.34mg (22.54%), Vitamin B3: 4.49mg (22.46%), Vitamin B6: 0.43mg (21.71%), Folate: 65.27µg (16.32%), Zinc: 2.3mg (15.36%), Vitamin A: 746.58IU (14.93%), Vitamin B5: 1.32mg (13.23%), Potassium: 451.26mg (12.89%), Vitamin C: 9.62mg (11.66%), Vitamin D: 1.62µg (10.78%), Manganese: 0.17mg (8.54%), Magnesium: 33.36mg (8.34%), Copper: 0.16mg (8.09%), Fiber: 1.61g (6.45%), Vitamin E: 0.77mg (5.14%), Vitamin K: 5.06µg (4.82%)