



WHATSheATE



Brunch Casserole



Gluten Free

READY IN



560 min.

SERVINGS



8

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 2 boxes hash browns betty seasoned skillet®
- ☐ 1.5 lb pork sausage
- ☐ 2 cups bell pepper red chopped
- ☐ 0.5 cup spring onion chopped
- ☐ 4 oz cheddar cheese shredded
- ☐ 4 oz pepper jack cheese shredded
- ☐ 2 cups milk
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon pepper
- ☐ 6 eggs
- ☐ 1 serving cilantro leaves fresh chopped

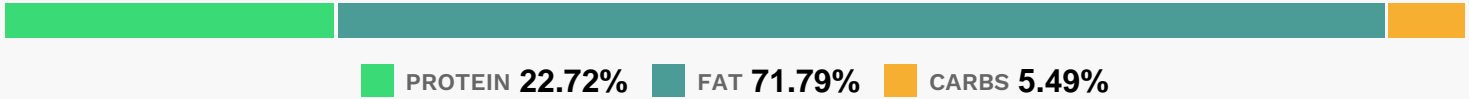
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Spray 3-quart casserole dish with cooking spray. In 4-quart bowl, cover potatoes with 10 cups boiling water.
- ☐ Let stand 3 minutes.
- ☐ Drain well; return potatoes to bowl.
- ☐ In 12-inch skillet, cook sausage over medium heat 5 minutes.
- ☐ Add bell peppers; cook 4 minutes, stirring frequently, until sausage is no longer pink and peppers are tender.
- ☐ Drain.
- ☐ Add sausage mixture to potatoes in bowl; stir in onions and 1/2 cup of each of the cheeses.
- ☐ Spread in baking dish.
- ☐ In medium bowl, beat milk, salt, pepper and eggs until blended.
- ☐ Pour over sausage-potato mixture; sprinkle with remaining 1/2 cup of each cheese. Cover; refrigerate 8 hours or overnight.
- ☐ Heat oven to 375°F. Uncover baking dish.
- ☐ Bake 50 minutes or until light golden brown and cheese is melted.
- ☐ Let stand 10 minutes before serving.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:19.686956488568%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 465.25kcal (23.26%), Fat: 36.9g (56.77%), Saturated Fat: 15.1g (94.4%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.38g (1.96%), Sugar: 4.88g (5.43%), Cholesterol: 218.11mg (72.7%), Sodium: 936.62mg (40.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.54%), Vitamin C: 49.47mg (59.97%), Phosphorus: 381.94mg (38.19%), Vitamin A: 1821.98IU (36.44%), Calcium: 314.91mg (31.49%), Vitamin B2: 0.49mg (29.03%), Vitamin B12: 1.61µg (26.9%), Selenium: 17.44µg (24.91%), Vitamin B6: 0.49mg (24.37%), Zinc: 3.59mg (23.91%), Vitamin B3: 4.51mg (22.56%), Vitamin B1: 0.31mg (20.76%), Vitamin D: 2.61µg (17.38%), Vitamin K: 16.32µg (15.55%), Vitamin B5: 1.52mg (15.18%), Potassium: 468.67mg (13.39%), Folate: 43.06µg (10.77%), Iron: 1.91mg (10.64%), Magnesium: 36.81mg (9.2%), Vitamin E: 1.31mg (8.71%), Copper: 0.1mg (5.16%), Manganese: 0.09mg (4.37%), Fiber: 0.98g (3.92%)