



Brunch Potatoes Alfredo with Roasted Peppers

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 cups hash browns shredded frozen country-style thawed (from 30-oz bag)
- 0.8 cup roasted peppers red drained chopped (from 7-oz jar)
- 0.3 cup spring onion sliced
- 10 oz alfredo sauce refrigerated
- 6 oz swiss cheese shredded
- 1 serving spring onion sliced

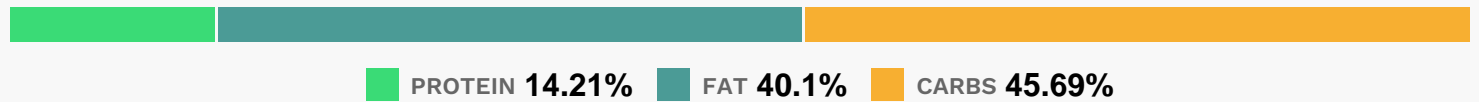
Equipment

- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch or 12x8-inch glass baking dish with cooking spray.
- Place potatoes, bell peppers and green onions in baking dish; mix lightly. Top with Alfredo sauce; sprinkle with cheese.
- Bake uncovered 40 to 45 minutes or until golden brown.
- Sprinkle with additional green onion tops and chopped roasted red bell peppers if desired just before serving.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:7.55, Inflammation Score:-3, Nutrition Score:8.3295652788618%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 241.3kcal (12.06%), Fat: 10.87g (16.72%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 25.6g (9.31%), Sugar: 0.53g (0.58%), Cholesterol: 34.42mg (11.47%), Sodium: 398.59mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin C: 17.52mg (21.24%), Calcium: 172.62mg (17.26%), Phosphorus: 169.97mg (17%), Potassium: 454.91mg (13%), Vitamin B3: 2.53mg (12.65%), Manganese: 0.24mg (11.86%), Vitamin B1: 0.15mg (9.92%), Fiber: 2.26g (9.06%), Iron: 1.59mg (8.85%), Vitamin B12: 0.51µg (8.56%), Copper: 0.17mg (8.49%), Selenium: 5.61µg (8.02%), Vitamin B6: 0.16mg (8.02%), Zinc: 1.08mg (7.22%), Vitamin K: 6.66µg (6.34%), Magnesium: 23.56mg (5.89%), Vitamin B5: 0.55mg (5.54%), Vitamin B2: 0.08mg (4.57%), Vitamin A: 226.69IU (4.53%), Folate: 11.07µg (2.77%)