



Brunch Potatoes Alfredo with Roasted Peppers

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 10 servings spring onion sliced
- ☐ 0.3 cup spring onion sliced
- ☐ 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)
- ☐ 6 oz swiss cheese shredded

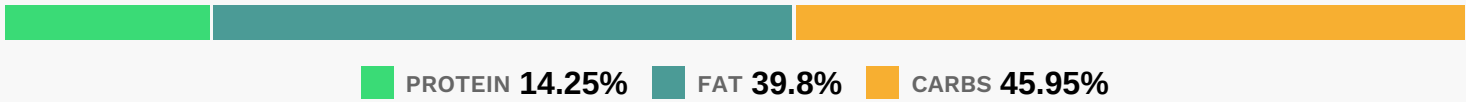
Equipment

- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. 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:7.63, Inflammation Score:-4, Nutrition Score:9.1086956625399%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 243.03kcal (12.15%), Fat: 10.88g (16.74%), Saturated Fat: 5.67g (35.42%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 25.86g (9.4%), Sugar: 0.65g (0.72%), Cholesterol: 34.42mg (11.47%), Sodium: 399.45mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin C: 18.53mg (22.47%), Calcium: 176.51mg (17.65%), Phosphorus: 171.97mg (17.2%), Vitamin K: 17.83µg (16.98%), Potassium: 469.82mg (13.42%), Vitamin B3: 2.56mg (12.79%), Manganese: 0.25mg (12.29%), Vitamin B1: 0.15mg (10.12%), Fiber: 2.4g (9.62%), Iron: 1.67mg (9.29%), Copper: 0.17mg (8.71%), Vitamin B12: 0.51µg (8.56%), Vitamin B6: 0.16mg (8.18%), Selenium: 5.64µg (8.06%), Zinc: 1.1mg (7.36%), Magnesium: 24.64mg (6.16%), Vitamin A: 280.53IU (5.61%), Vitamin B5: 0.56mg (5.58%), Vitamin B2: 0.08mg (4.83%), Folate: 14.53µg (3.63%)