



Brunch Stuffed Peppers

READY IN



55 min.

SERVINGS



4

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup biscuit mix
- 16 ounce bacon crumbled cooked
- 3 large eggs
- 2 tablespoons green onion chopped
- 0.3 teaspoon ground pepper black
- 1 cup hash browns frozen country style thawed
- 0.8 cup cheddar-monterey jack cheese blend shredded plus more for garnish
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream sour

- 0.8 cup milk whole
- 4 bell peppers yellow

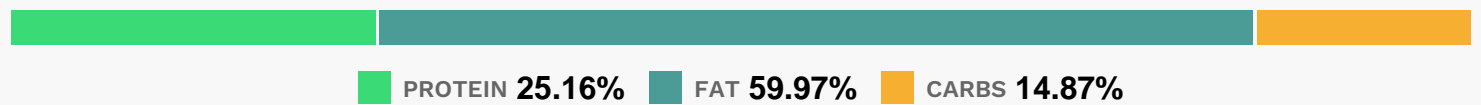
Equipment

- bowl
- oven
- whisk
- glass baking pan

Directions

- Preheat oven to 350 degrees F.
- Remove the top 1/2-inch of each pepper. Discard the tops and seeds. Arrange the peppers, cut side up, in an 8 by 8-inch glass baking dish. Fill the bottom of each pepper evenly with hash browns and bacon.
- In a large bowl, combine the eggs, cheese, milk, baking mix, sour cream, green onion, salt, and pepper.
- Whisk until combined. Evenly distribute the egg mixture into each pepper.
- Bake until a wooden pick inserted in center comes out dry, about 45 minutes.
- Remove from the oven, garnish with cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:3.57, Inflammation Score:-9, Nutrition Score:35.058695316315%

Flavonoids

Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 859.92kcal (43%), Fat: 56.94g (87.59%), Saturated Fat: 21.85g (136.57%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 29.53g (10.74%), Sugar: 4.75g (5.28%), Cholesterol: 284.89mg (94.96%), Sodium: 2603.82mg (113.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.75g (107.5%), Vitamin C: 223.41mg (270.8%), Selenium: 75.14µg (107.35%), Phosphorus: 807.73mg (80.77%), Vitamin B3: 14.65mg (73.24%), Vitamin B1: 0.85mg (56.93%), Vitamin B6: 0.98mg (49.01%), Vitamin B2: 0.71mg (41.74%), Zinc: 5.24mg (34.94%), Vitamin B12: 2.08µg (34.69%), Potassium: 1157.72mg (33.08%), Calcium: 310.41mg (31.04%), Vitamin B5: 2.61mg (26.11%), Magnesium: 76.93mg (19.23%), Iron: 3.43mg (19.07%), Folate: 76.03µg (19.01%), Copper: 0.36mg (18.13%), Vitamin A: 840.25IU (16.81%), Manganese: 0.33mg (16.48%), Vitamin D: 1.83µg (12.23%), Fiber: 2.23g (8.92%), Vitamin K: 8.38µg (7.99%), Vitamin E: 1.04mg (6.93%)