



Cheesy Fiesta Pie

READY IN



95 min.

SERVINGS



6

CALORIES



243 kcal

Ingredients

- 1 box hash browns betty seasoned skillet®
- 4 cups water hot
- 2 tablespoons butter melted
- 1 eggs slightly beaten
- 8 ounces monterrey jack cheese shredded
- 2 small jalapeno seeded finely chopped
- 0.5 cup bell pepper red finely chopped
- 2 tablespoons flour all-purpose
- 0.5 teaspoon salt
- 2 eggs

- 0.7 cup milk
- 1 serving lettuce shredded
- 1 serving cream sour
- 1 serving pepper flakes sliced

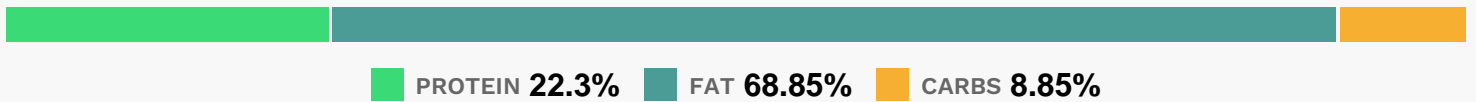
Equipment

- oven

Directions

- Heat oven to 375°F. Cover potatoes with water.
- Let stand 15 minutes; drain thoroughly. Toss potatoes, margarine and 1 egg. Press potato mixture on bottom and up side of ungreased pie plate, 9x1 1/2 inches.
- Bake 20 minutes.
- Reduce oven temperature to 350°F.
- Sprinkle half of the cheese, finely chopped chiles and bell pepper in potato crust; repeat. Beat flour, salt and 2 eggs until blended; stir in milk.
- Pour over cheese mixture.
- Bake about 35 minutes or until center is set and top is golden brown.
- Let stand 10 minutes before cutting.
- Garnish with shredded lettuce, sour cream and sliced chile peppers.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:10.658695739249%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin:

0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 242.79kcal (12.14%), Fat: 18.67g (28.72%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.73g (1.72%), Sugar: 2.74g (3.05%), Cholesterol: 119.91mg (39.97%), Sodium: 517mg (22.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.21%), Calcium: 340.65mg (34.06%), Vitamin C: 24.28mg (29.43%), Phosphorus: 252.27mg (25.23%), Vitamin A: 1162.19IU (23.24%), Selenium: 13.73µg (19.61%), Vitamin B2: 0.32mg (18.93%), Vitamin B12: 0.66µg (11.08%), Zinc: 1.63mg (10.89%), Folate: 33.55µg (8.39%), Vitamin B6: 0.16mg (7.83%), Vitamin D: 0.96µg (6.43%), Vitamin B5: 0.61mg (6.11%), Vitamin K: 6.41µg (6.1%), Vitamin E: 0.9mg (5.99%), Magnesium: 22.2mg (5.55%), Iron: 0.92mg (5.12%), Potassium: 173.35mg (4.95%), Vitamin B1: 0.07mg (4.41%), Manganese: 0.07mg (3.48%), Copper: 0.07mg (3.39%), Fiber: 0.66g (2.66%), Vitamin B3: 0.45mg (2.27%)