



Cheesy Hash Brown-Sausage Pie

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



272 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup egg substitute
- ☐ 1.5 cups milk fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup green onions sliced (1 bunch)
- ☐ 12 ounce 0%-less-fat ground pork sausage (such as Jimmy Dean)
- ☐ 30 ounce hash brown potatoes frozen country-style thawed (such as Ore-Ida)
- ☐ 0.8 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded 2% divided reduced-fat

☐ 1 medium tomatoes thinly sliced

Equipment

☐ frying pan

☐ oven

☐ whisk

Directions

☐ Preheat oven to 45

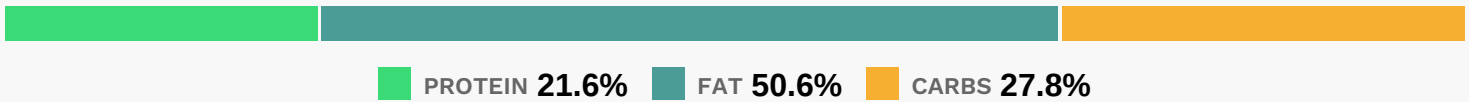
☐ Place first 3 ingredients in a 12-inch ovenproof nonstick skillet, and cook over medium-high heat 7 minutes or until sausage is browned, stirring to crumble. Stir in hash browns, salt, and pepper; cook over medium-high heat 3 minutes.

☐ Combine milk and egg substitute, stirring with a whisk. Stir in 1 cup cheese; pour evenly over hash brown mixture.

☐ Sprinkle with remaining 1/2 cup cheese.

☐ Bake at 450 for 18 minutes or until set and top begins to brown. Top with sliced tomato.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:5.32, Inflammation Score:-5, Nutrition Score:12.036956517593%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 272.33kcal (13.62%), Fat: 15.41g (23.71%), Saturated Fat: 6.42g (40.14%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 17.48g (6.36%), Sugar: 2.9g (3.22%), Cholesterol: 42.61mg (14.2%), Sodium: 585.49mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.61%), Phosphorus: 227.21mg (22.72%), Selenium: 15.85µg (22.64%), Calcium: 206.12mg (20.61%), Vitamin K: 17.26µg (16.44%), Vitamin B2: 0.28mg (16.38%), Vitamin B3: 3.22mg (16.09%), Vitamin B1: 0.24mg (16.02%), Potassium: 505.97mg (14.46%), Zinc: 2mg

(13.34%), Vitamin B6: 0.27mg (13.26%), Vitamin C: 10.61mg (12.87%), Vitamin B12: 0.76µg (12.74%), Vitamin B5: 1.12mg (11.24%), Iron: 1.88mg (10.44%), Vitamin A: 502.76IU (10.06%), Manganese: 0.18mg (8.97%), Vitamin D: 1.33µg (8.88%), Magnesium: 29.9mg (7.47%), Copper: 0.14mg (6.75%), Fiber: 1.57g (6.28%), Folate: 18.57µg (4.64%), Vitamin E: 0.68mg (4.55%)