



Cheesy Hash Browns

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



62 kcal

SIDE DISH

Ingredients

- 0.5 cup pasilla peppers green chopped
- 16 oz ore-ida hash brown potatoes shredded thawed
- 0.5 cup onions chopped
- 0.5 cup cheddar cheese shredded kraft
- 6 slices oscar mayer center cut bacon cut into 1-inch pieces

Equipment

- frying pan

Directions

- Cook bacon and onions in large skillet on medium-high heat until bacon is crisp, stirring occasionally.
- Add potatoes and peppers. Cook on medium heat 10 min. or until heated through, stirring occasionally.
- Top with cheese; cook 30 sec. or until melted.

Nutrition Facts

PROTEIN 13.16% **FAT 62.34%** **CARBS 24.5%**

Properties

Glycemic Index:3.8, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:1.7047825857349%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 62kcal (3.1%), Fat: 4.32g (6.64%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.21g (0.24%), Cholesterol: 7.96mg (2.65%), Sodium: 76.19mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin C: 4.12mg (4.99%), Selenium: 2.45µg (3.5%), Vitamin B3: 0.67mg (3.34%), Phosphorus: 32.84mg (3.28%), Vitamin B1: 0.05mg (3.02%), Vitamin B6: 0.05mg (2.54%), Potassium: 80.44mg (2.3%), Calcium: 19.26mg (1.93%), Manganese: 0.04mg (1.77%), Zinc: 0.23mg (1.55%), Fiber: 0.36g (1.44%), Iron: 0.23mg (1.3%), Copper: 0.03mg (1.28%), Vitamin B2: 0.02mg (1.25%), Vitamin B5: 0.12mg (1.23%), Vitamin B12: 0.07µg (1.12%), Magnesium: 4.26mg (1.07%)