



## Cheesy Hashbrowns Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 0.5 lb ground beef 80% lean (at least )
- ☐ 1.7 cups water hot
- ☐ 2 tablespoons butter
- ☐ 1 box hash browns
- ☐ 1 cup bell pepper green red seeded chopped
- ☐ 8 eggs lightly beaten
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup milk

☐ 1 serving salt and pepper black

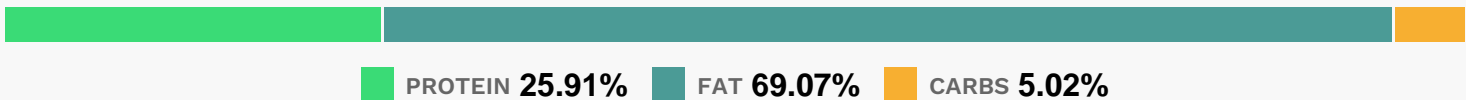
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula

## Directions

- ☐ Heat oven to 375°F. In 10-inch ovenproof nonstick skillet, cook beef over medium-high heat, stirring frequently, until brown; drain. Stir in hot water, butter, potatoes (from Hamburger Helper box) and bell pepper.
- ☐ Heat to boiling over high heat, stirring constantly, until butter is melted.
- ☐ Reduce heat to medium; press potato mixture evenly with back of spatula. Cook uncovered 6 minutes, without stirring, until liquid is absorbed.
- ☐ In medium bowl, beat eggs and 1/2 teaspoon salt with whisk until well combined.
- ☐ Pour eggs over potatoes in skillet, stirring to evenly combine. Cook 4 to 5 minutes, gently lifting edges of cooked portions with spatula so that uncooked egg mixture can flow to bottom of skillet, until bottom is set and most of egg is cooked.
- ☐ Place skillet in oven.
- ☐ Bake 8 to 10 minutes or until eggs are fully cooked.
- ☐ In medium bowl, mix milk and topping mix (from Hamburger Helper box).
- ☐ Cut frittata into wedges.
- ☐ Drizzle with topping mixture. Season to taste with salt and ground black pepper.

## Nutrition Facts



## Properties

Glycemic Index:13.17, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:11.446521800497%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 234.83kcal (11.74%), Fat: 17.81g (27.39%), Saturated Fat: 6.03g (37.72%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.49g (0.9%), Sugar: 2.12g (2.35%), Cholesterol: 248.33mg (82.78%), Sodium: 393.1mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.06%), Selenium: 24.2µg (34.57%), Vitamin B12: 1.48µg (24.7%), Vitamin C: 19.99mg (24.23%), Vitamin B2: 0.37mg (21.77%), Phosphorus: 209.38mg (20.94%), Zinc: 2.49mg (16.59%), Vitamin B6: 0.29mg (14.73%), Vitamin A: 619.53IU (12.39%), Vitamin B5: 1.22mg (12.19%), Iron: 1.85mg (10.27%), Vitamin D: 1.51µg (10.06%), Vitamin B3: 1.79mg (8.97%), Folate: 32.76µg (8.19%), Calcium: 79.02mg (7.9%), Potassium: 269.62mg (7.7%), Vitamin E: 1.02mg (6.81%), Magnesium: 20.02mg (5.01%), Vitamin B1: 0.07mg (4.65%), Copper: 0.09mg (4.64%), Vitamin K: 2.78µg (2.64%), Manganese: 0.05mg (2.62%), Fiber: 0.42g (1.7%)