



Cheesy Roast Beef Hash Egg Bake

READY IN



550 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baking mix bisquick heart smart®
- ☐ 2 cups milk
- ☐ 6 eggs slightly beaten
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 teaspoon kosher salt (coarse)
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup pan drippings from roast beef preferably diced leftover
- ☐ 1 cup potatoes diced leftover

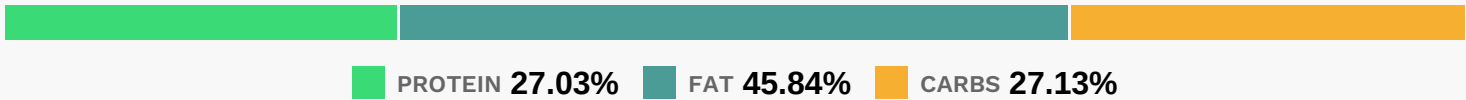
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ In large bowl, beat Bisquick mix, milk and eggs with whisk until well combined. Stir in remaining ingredients. Cover; refrigerate at least 8 hours but no longer than 24 hours.
- ☐ Heat oven to 350°F. Grease 13x9-inch (3-quart) glass baking dish.
- ☐ Pour mixture in baking dish.
- ☐ Bake uncovered about 1 hour or until toothpick inserted in center of egg bake comes out clean.
- ☐ Cut into squares, and enjoy.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:4.55, Inflammation Score:-4, Nutrition Score:13.466521646665%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 261.84kcal (13.09%), Fat: 13.28g (20.43%), Saturated Fat: 5.85g (36.55%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 16.76g (6.09%), Sugar: 5.06g (5.62%), Cholesterol: 161.41mg (53.8%), Sodium: 1091.51mg (47.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.24%), Phosphorus: 351.86mg (35.19%), Calcium: 307.27mg (30.73%), Selenium: 18.49µg (26.42%), Vitamin B2: 0.41mg (24%), Vitamin C: 18.52mg (22.45%),

Vitamin B12: 1.33µg (22.24%), Vitamin B3: 3.25mg (16.26%), Zinc: 2.43mg (16.21%), Vitamin B6: 0.31mg (15.53%),
Vitamin B1: 0.17mg (11.48%), Folate: 44.15µg (11.04%), Vitamin B5: 1.09mg (10.93%), Potassium: 367.44mg (10.5%),
Iron: 1.86mg (10.31%), Vitamin D: 1.42µg (9.44%), Vitamin A: 420.86IU (8.42%), Magnesium: 31.33mg (7.83%),
Manganese: 0.13mg (6.33%), Copper: 0.1mg (5.15%), Fiber: 0.92g (3.7%), Vitamin E: 0.51mg (3.38%), Vitamin K:
2.3µg (2.19%)