



Cheesy Spinach and Egg Hashbrowns Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients

- 0.5 lb sausage meat italian 80% lean (at least)
- 1.7 cups water hot
- 2 tablespoons butter
- 0.3 teaspoon salt
- 1 box hash browns
- 1 cups baby spinach
- 4 eggs
- 0.7 cup milk

- 2 tablespoons parmesan shredded
- 1 serving salt and pepper black

Equipment

- bowl
- frying pan
- spatula

Directions

- In 12-inch nonstick skillet, cook beef over medium-high heat, stirring frequently, until brown; drain. Stir in hot water, butter, salt and potatoes (from Hamburger Helper box).
- 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.
- Add spinach to skillet; stir until spinach is wilted slightly. Use spatula to make four holes in mixture; crack 1 egg into each hole. Cover; cook 10 to 12 minutes or until eggs until whites and yolks are firm, not runny and potatoes are crispy. Meanwhile, in medium bowl, mix milk and topping mix (from Hamburger Helper box).
- Remove from heat. Top eggs with cheese, salt and pepper.
- Serve with topping mixture.

Nutrition Facts

  
 PROTEIN **20.85%**  FAT **75.79%**  CARBS **3.36%**

Properties

Glycemic Index:39, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:12.701739122038%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 321.75kcal (16.09%), Fat: 26.84g (41.29%), Saturated Fat: 8.71g (54.41%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.51g (0.91%), Sugar: 2.17g (2.41%), Cholesterol: 211.08mg (70.36%), Sodium: 749.3mg (32.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Vitamin K: 36.75µg (35%), Vitamin A: 1319.19IU (26.38%), Phosphorus: 227.49mg (22.75%), Selenium: 14.92µg (21.31%), Vitamin B2: 0.35mg (20.67%), Vitamin B12: 1.13µg (18.84%), Vitamin B6: 0.29mg (14.54%), Vitamin B3: 2.81mg (14.05%), Zinc: 2.08mg (13.89%), Vitamin D: 2.08µg (13.85%), Vitamin B1: 0.2mg (13.6%), Vitamin B5: 1.23mg (12.3%), Calcium: 121.99mg (12.2%), Iron: 1.63mg (9.04%), Folate: 36.05µg (9.01%), Potassium: 310.18mg (8.86%), Magnesium: 26.35mg (6.59%), Vitamin E: 0.96mg (6.43%), Copper: 0.1mg (4.81%), Manganese: 0.09mg (4.27%), Vitamin C: 2.54mg (3.08%)