



Confetti Egg Bake

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



208 kcal

SIDE DISH

Ingredients

- 1.3 pounds hash browns shredded refrigerated
- 1 tablespoon butter
- 2 tablespoons spring onion sliced
- 8 ounces mushrooms sliced
- 1 cup savory vegetable mixed frozen thawed (from 1-pound bag)
- 12 eggs
- 8 ounces cheddar cheese shredded
- 0.5 cup milk

- 1 teaspoon salt
- 0.3 teaspoon pepper

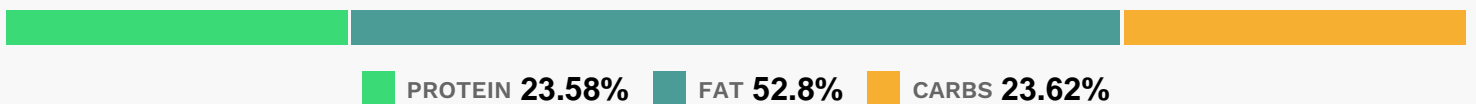
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Pat hash browns in bottom of baking dish.
- Melt butter in 10-inch skillet over medium heat. Cook onions and mushrooms in butter 5 to 7 minutes, stirring occasionally, until mushrooms are tender. Stir in mixed vegetables.
- Beat eggs, cheese, milk, salt and pepper in large bowl with wire whisk until well mixed. Stir in mushroom mixture. Carefully pour into baking dish.
- Bake uncovered about 40 minutes or until eggs are set in center.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:10.998260871224%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 207.55kcal (10.38%), Fat: 12.31g (18.94%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.9g (3.96%), Sugar: 1.11g (1.24%), Cholesterol: 183.8mg (61.27%), Sodium: 413.38mg (17.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.75%), Selenium: 21.02µg (30.03%), Vitamin A:

1265.54IU (25.31%), Vitamin B2: 0.4mg (23.25%), Phosphorus: 232.06mg (23.21%), Calcium: 181.22mg (18.12%), Vitamin B5: 1.25mg (12.53%), Vitamin B12: 0.66µg (10.93%), Zinc: 1.57mg (10.49%), Potassium: 321.28mg (9.18%), Folate: 34.81µg (8.7%), Vitamin B3: 1.72mg (8.59%), Vitamin B6: 0.17mg (8.51%), Iron: 1.52mg (8.46%), Copper: 0.16mg (8.03%), Vitamin D: 1.14µg (7.62%), Vitamin C: 6.04mg (7.32%), Vitamin B1: 0.11mg (7.28%), Manganese: 0.14mg (6.85%), Fiber: 1.49g (5.97%), Magnesium: 22.45mg (5.61%), Vitamin E: 0.65mg (4.35%), Vitamin K: 2.75µg (2.62%)