



Country Breakfast Pot Pie

READY IN



50 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz finely-chopped ham cubed cooked
- ☐ 3 oz cream cheese cut into small cubes
- ☐ 12 oz regular crescent rolls pillsbury® canned
- ☐ 8 eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 20 oz hash browns shredded refrigerated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 4 oz swiss cheese shredded

☐ 3 tablespoons vegetable oil

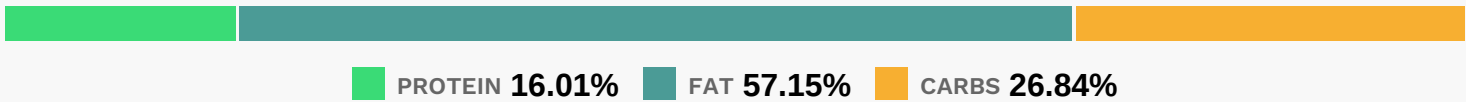
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium-high heat.
- ☐ Spread potatoes in skillet; cook until golden brown on bottom.
- ☐ Drizzle potatoes with 1 tablespoon oil.
- ☐ Cut into quarters; turn sections over. Cook until golden brown.
- ☐ Remove hash browns from skillet; arrange in bottom and around side of casserole.
- ☐ Sprinkle Swiss cheese over potatoes.
- ☐ In bowl, beat eggs. Stir in chives, salt, pepper and ham.
- ☐ Pour into same skillet. Cook and stir over medium heat until partially cooked. Stir in cream cheese; cook and stir until eggs are cooked but moist.
- ☐ Spread over Swiss cheese.
- ☐ Separate dough into triangles. Starting at short side of each triangle, roll up halfway. Arrange over hot egg mixture with tips toward center; do not overlap.
- ☐ Bake 20 to 25 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:5.08, Inflammation Score:-4, Nutrition Score:16.868695632271%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 600.51kcal (30.03%), Fat: 38.78g (59.66%), Saturated Fat: 15.08g (94.24%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 39.62g (14.41%), Sugar: 6.43g (7.14%), Cholesterol: 277.73mg (92.58%), Sodium: 1259.06mg (54.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.89%), Selenium: 32.7µg (46.71%), Phosphorus: 395.02mg (39.5%), Vitamin B12: 1.66µg (27.62%), Vitamin B2: 0.46mg (27.17%), Calcium: 227.48mg (22.75%), Vitamin B1: 0.32mg (21.42%), Vitamin C: 16.85mg (20.42%), Zinc: 2.7mg (18%), Vitamin B5: 1.7mg (16.99%), Iron: 3.05mg (16.93%), Vitamin B6: 0.3mg (15.04%), Vitamin B3: 2.99mg (14.94%), Potassium: 491.25mg (14.04%), Vitamin K: 14.44µg (13.76%), Vitamin A: 686.26IU (13.73%), Copper: 0.19mg (9.62%), Vitamin E: 1.41mg (9.4%), Manganese: 0.19mg (9.38%), Folate: 36µg (9%), Magnesium: 33.24mg (8.31%), Vitamin D: 1.17µg (7.82%), Fiber: 1.36g (5.43%)