



Egg and Hash Brown Casserole

 Gluten Free

READY IN



550 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 cups baby spinach fresh
- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup chicken stock see (such as Swanson)
- 6 large eggs lightly beaten
- 2 tablespoons basil fresh thinly sliced
- 3 garlic clove minced
- 2 cups hash browns shredded (such as Simply Potatoes)
- 0.5 teaspoon kosher salt divided

- 0.5 cup milk 1% low-fat
- 3 ounces swiss cheese finely chopped reduced-fat
- 1.5 cups onion chopped
- 8 ounces mushroom caps sliced
- 8 slices bacon

Equipment

- bowl
- frying pan
- oven
- baking pan
- broiler

Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan; crumble. Increase heat to medium-high.
- Add onion, mushrooms, and garlic to drippings in pan; saut for 6 minutes.
- Add potatoes and stock; cook 6 minutes, stirring frequently.
- Add spinach, basil, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook 2 minutes or until spinach wilts.
- Remove from heat; let stand 10 minutes. Stir in crumbled bacon and cheese.
- Place mushroom mixture in an 11 x 7-inch broiler-safe glass or ceramic baking dish coated with cooking spray. Cover and refrigerate overnight.
- Preheat oven to 35
- Uncover dish.
- Combine remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, milk, and eggs in a medium bowl.
- Pour egg mixture over mushroom mixture.
- Bake at 350 for 28 minutes.

Preheat broiler to high; remove dish while broiler preheats. Broil 3 minutes or until top is browned and just set.

Let stand 5 minutes.

Nutrition Facts

PROTEIN 22.51% **FAT 49.76%** **CARBS 27.73%**

Properties

Glycemic Index:42.33, Glycemic Load:5.16, Inflammation Score:-9, Nutrition Score:24.067391312641%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 326.06kcal (16.3%), Fat: 18.2g (28%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 19.59g (7.12%), Sugar: 4.23g (4.7%), Cholesterol: 211.6mg (70.53%), Sodium: 549.62mg (23.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Vitamin K: 124.24µg (118.32%), Vitamin A: 2722.51IU (54.45%), Selenium: 26.72µg (38.17%), Phosphorus: 351.97mg (35.2%), Vitamin B2: 0.49mg (28.92%), Manganese: 0.54mg (26.86%), Vitamin B6: 0.48mg (24.04%), Calcium: 237.23mg (23.72%), Folate: 89.58µg (22.4%), Vitamin B3: 4.29mg (21.43%), Potassium: 707.13mg (20.2%), Vitamin C: 16.33mg (19.8%), Vitamin B5: 1.87mg (18.72%), Zinc: 2.4mg (16.03%), Vitamin B12: 0.95µg (15.83%), Vitamin B1: 0.23mg (15.56%), Iron: 2.71mg (15.04%), Magnesium: 57.48mg (14.37%), Fiber: 3.24g (12.96%), Copper: 0.24mg (11.91%), Vitamin D: 1.5µg (9.99%), Vitamin E: 1.19mg (7.95%)