



Egg and Hash Brown Pie

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



270 kcal

Ingredients

- 6 slices bacon
- 5 eggs
- 0.3 cup green onions chopped
- 3 cups hash brown potatoes frozen thawed
- 0.5 cup milk
- 1.5 cups cheddar cheese shredded divided

Equipment

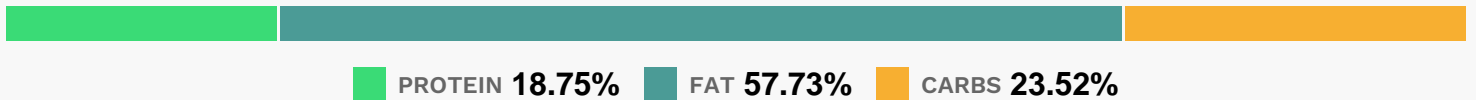
- bowl
- frying pan

- oven
- knife
- baking pan

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble, and set aside.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11 inch baking dish.
- In a large bowl, beat together the eggs and milk. Stir in the bacon, hash browns, green onions, and 1 cup shredded Cheddar cheese.
- Pour into the prepared baking dish.
- Bake in the preheated oven 25 to 35 minutes, or until a knife inserted in the center comes out clean.
- Sprinkle the remaining Cheddar cheese on top, and continue baking for 3 to 4 minutes, or until the cheese is melted.
- Remove from oven, and let sit 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4.46, Inflammation Score:-3, Nutrition Score:9.8473912632984%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 269.63kcal (13.48%), Fat: 17.35g (26.7%), Saturated Fat: 7.54g (47.1%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 14.69g (5.34%), Sugar: 1g (1.11%), Cholesterol: 136.21mg (45.4%), Sodium: 310.63mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.37%), Selenium: 18.31µg (26.15%), Phosphorus: 229.21mg (22.92%), Calcium: 195.65mg (19.57%), Vitamin B2: 0.27mg (15.76%), Vitamin B12: 0.63µg (10.57%), Zinc: 1.57mg (10.47%), Vitamin B3: 2.04mg (10.22%), Vitamin B1: 0.15mg (9.99%), Potassium: 345.75mg (9.88%), Vitamin B6: 0.19mg (9.28%), Vitamin B5: 0.92mg (9.15%), Vitamin K: 9.26µg (8.82%), Vitamin C: 7.24mg (8.78%), Vitamin A:

433.15IU (8.66%), Iron: 1.42mg (7.87%), Manganese: 0.13mg (6.69%), Vitamin D: 0.91µg (6.07%), Folate: 23.19µg (5.8%), Copper: 0.12mg (5.76%), Magnesium: 22.33mg (5.58%), Fiber: 1.21g (4.84%), Vitamin E: 0.55mg (3.66%)