



Egg Topped Hash Brown Nests



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- 5.2 oz hash browns betty seasoned skilletts®
- 1 serving butter hot for on potato box
- 0.3 cup fries
- 12 eggs
- 1 teaspoon salt
- 0.5 teaspoon pepper

Equipment

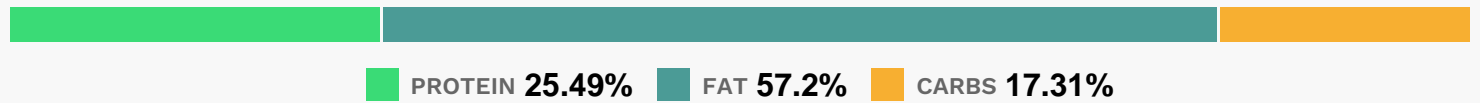
- bowl

- oven
- muffin liners

Directions

- Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray.
- Make potatoes as directed on box. When done, place in medium bowl. Stir in bacon bits. Divide mixture evenly among muffin cups.
- Bake about 15 minutes or until starting to turn golden brown on edges. Reduce oven temperature to 350°F.
- Crack 1 egg over each muffin cup.
- Sprinkle with salt and pepper.
- Bake at 350°F about 18–20 minutes or until egg whites and yolks are firm, not runny. Cool 5 minutes before removing from muffin cups.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:9.5769564794457%

Nutrients (% of daily need)

Calories: 188.81kcal (9.44%), Fat: 11.88g (18.27%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.26g (2.64%), Sugar: 0.33g (0.36%), Cholesterol: 327.36mg (109.12%), Sodium: 588.29mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.82%), Selenium: 27.15µg (38.78%), Vitamin B2: 0.41mg (24.11%), Phosphorus: 194.18mg (19.42%), Vitamin B5: 1.49mg (14.86%), Vitamin B12: 0.79µg (13.09%), Vitamin D: 1.76µg (11.73%), Vitamin A: 559.58IU (11.19%), Folate: 44.56µg (11.14%), Iron: 1.93mg (10.72%), Vitamin B6: 0.19mg (9.47%), Zinc: 1.22mg (8.15%), Potassium: 237.13mg (6.78%), Vitamin E: 1mg (6.65%), Calcium: 54.3mg (5.43%), Manganese: 0.11mg (5.26%), Copper: 0.09mg (4.67%), Vitamin B1: 0.07mg (4.45%), Magnesium: 15.4mg (3.85%), Vitamin B3: 0.7mg (3.49%), Fiber: 0.83g (3.32%), Vitamin C: 2.64mg (3.2%)