



## Gluten-Free Impossibly Easy Breakfast Bake

 Popular

READY IN



55 min.

SERVINGS



12

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- ☐ 16 oz sausage meat gluten-free
- ☐ 1 medium bell pepper red chopped
- ☐ 1 medium onion chopped
- ☐ 3 cups hash browns frozen
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.8 cup pancake mix gluten free
- ☐ 2 cups milk
- ☐ 0.3 teaspoon pepper

☐ 6 eggs

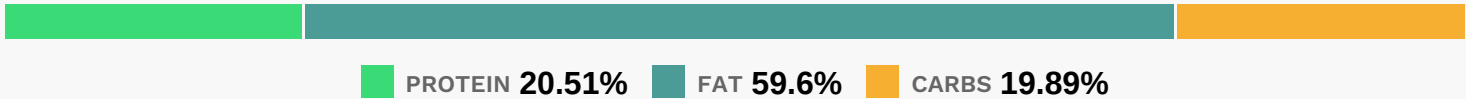
Equipment

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

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook sausage, bell pepper and onion over medium heat, stirring occasionally, until sausage is no longer pink; drain.
- ☐ Mix sausage mixture, potatoes and 1 1/2 cups of the cheese in baking dish.
- ☐ In medium bowl, stir Bisquick™ mix, milk, pepper and eggs until blended.
- ☐ Pour over sausage mixture in baking dish.
- ☐ Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake about 3 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:3.82, Inflammation Score:-5, Nutrition Score:12.016956469287%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 314.99kcal (15.75%), Fat: 20.84g (32.06%), Saturated Fat: 8.66g (54.13%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.39g (5.23%), Sugar: 2.91g (3.23%), Cholesterol: 138.6mg (46.2%), Sodium: 464.05mg (20.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Phosphorus: 277.63mg (27.76%), Calcium: 225.07mg (22.51%), Vitamin C: 17.99mg (21.81%), Selenium: 13.89µg (19.84%), Vitamin B2: 0.33mg (19.4%), Vitamin B12: 0.96µg (16.08%), Vitamin A: 733.62IU (14.67%), Vitamin B3: 2.93mg (14.64%), Vitamin B1: 0.22mg (14.53%), Zinc: 2.18mg (14.51%), Vitamin B6: 0.29mg (14.25%), Potassium: 400.31mg (11.44%), Vitamin B5: 1.07mg (10.75%), Vitamin D: 1.49µg (9.95%), Iron: 1.52mg (8.45%), Magnesium: 27.66mg (6.91%), Folate: 26.02µg (6.51%), Manganese: 0.13mg (6.39%), Copper: 0.11mg (5.45%), Fiber: 1.26g (5.06%), Vitamin E: 0.62mg (4.16%), Vitamin K: 1.38µg (1.32%)