



Golden Hashbrown Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup finely-chopped ham diced cooked
- ☐ 6 eggs beaten
- ☐ 12 oz evaporated milk canned
- ☐ 1 bell pepper green chopped
- ☐ 30 oz hash browns shredded frozen
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

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8 oz cheddar cheese shredded

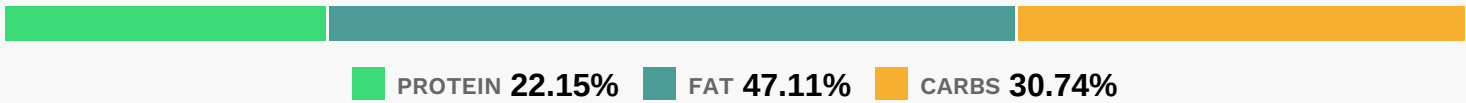
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk eggs, milk, salt and pepper in a large bowl.
- ☐ Add remaining ingredients; mix well.
- ☐ Pour mixture into a greased 13"x9" baking pan.
- ☐ Bake, uncovered, at 350 degrees for 60 to 65 minutes, or until eggs are set.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:3.94, Inflammation Score:-4, Nutrition Score:10.106521824132%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 224.85kcal (11.24%), Fat: 11.85g (18.23%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.06g (5.84%), Sugar: 3.62g (4.02%), Cholesterol: 115.84mg (38.61%), Sodium: 503.72mg (21.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.07%), Phosphorus: 253.25mg (25.33%), Calcium: 231.17mg (23.12%), Selenium: 14.88µg (21.26%), Vitamin C: 17.2mg (20.84%), Vitamin B2: 0.31mg (18.31%), Potassium: 391.15mg (11.18%), Zinc: 1.58mg (10.56%), Vitamin B1: 0.16mg (10.41%), Vitamin B12: 0.57µg (9.57%), Vitamin B5: 0.93mg (9.3%), Vitamin B6: 0.18mg (9.19%), Vitamin A: 413.26IU (8.27%), Vitamin B3: 1.65mg (8.27%), Manganese: 0.15mg (7.64%), Iron: 1.31mg (7.26%), Magnesium: 26.38mg (6.59%), Copper: 0.12mg (5.94%), Folate: 22.44µg (5.61%), Fiber: 1.34g (5.35%), Vitamin D: 0.58µg (3.88%), Vitamin E: 0.46mg (3.05%), Vitamin K: 1.6µg (1.52%)