



WHATSheATE



Ham-and-Hash Brown Breakfast Casserole



Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 0.3 cup butter
- ☐ 8 ounces colby cheese shredded
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 8 ounce seasoning cubes diced
- ☐ 2 tablespoons dijon mustard coarse-grained
- ☐ 30 ounce hash browns frozen country-style thawed
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 4 ounce pimientos diced drained
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce cream sour
- ☐ 0.8 cup onion sweet chopped

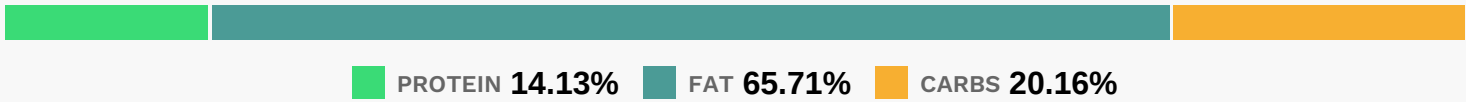
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until very crisp.
- ☐ Remove bacon from pan, reserving 2 tablespoons drippings in pan. Crumble bacon; set aside.
- ☐ Add onion to reserved drippings; cook over medium-high heat 6 minutes or until tender and golden. Reduce heat to medium-low, and swirl in butter until melted; remove pan from heat.
- ☐ Squeeze excess moisture from potatoes. Stir in potatoes, soup, and remaining ingredients. Spoon into a greased 13" x 9" baking dish.
- ☐ Bake, covered, at 350 for 45 minutes. Uncover and sprinkle with crumbled bacon.
- ☐ Bake 15 more minutes or until browned on top.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:4.56, Inflammation Score:-6, Nutrition Score:8.7647825479507%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.45mg, Quercetin: 1.45mg,

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Nutrients (% of daily need)

Calories: 364.48kcal (18.22%), Fat: 27.04g (41.61%), Saturated Fat: 13.39g (83.66%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 17.24g (6.27%), Sugar: 2.72g (3.02%), Cholesterol: 75.65mg (25.22%), Sodium: 830.57mg (36.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.17%), Vitamin C: 16.5mg (19.99%), Phosphorus: 186.43mg (18.64%), Calcium: 185.2mg (18.52%), Vitamin A: 885.8IU (17.72%), Selenium: 8.77µg (12.53%), Vitamin B2: 0.18mg (10.63%), Vitamin B3: 2.02mg (10.12%), Potassium: 351.26mg (10.04%), Vitamin B1: 0.13mg (8.94%), Iron: 1.59mg (8.81%), Vitamin B6: 0.17mg (8.56%), Manganese: 0.17mg (8.32%), Zinc: 1.16mg (7.72%), Copper: 0.14mg (6.89%), Fiber: 1.43g (5.71%), Magnesium: 22.3mg (5.57%), Vitamin B5: 0.55mg (5.52%), Vitamin B12: 0.32µg (5.34%), Vitamin E: 0.63mg (4.23%), Vitamin K: 3.73µg (3.55%), Folate: 12.35µg (3.09%), Vitamin D: 0.17µg (1.15%)