



Ham and Hash Brown Quiche

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 cup ham cooked chopped
- ☐ 3 large eggs
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 cups hash brown potatoes frozen thawed
- ☐ 0.5 cup milk
- ☐ 0.3 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

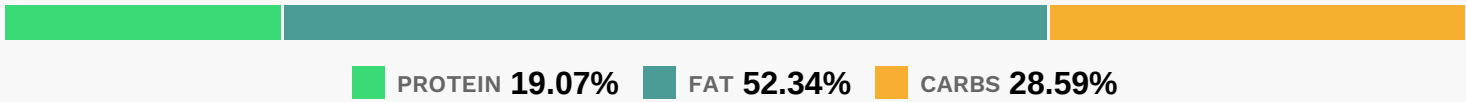
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Press hash brown potatoes between paper towels to remove excess moisture.
- ☐ Transfer potatoes to an 8-inch pie dish and press into the bottom and up the sides of the dish to form a crust.
- ☐ Drizzle with melted butter.
- ☐ Bake in preheated oven until golden, about 25 minutes.
- ☐ Remove from oven and reduce heat to 350 degrees F (175 degrees C).
- ☐ Combine ham, Cheddar cheese, onion, and bell pepper in a bowl; spread mixture over potato crust. Beat eggs, milk, salt, and black pepper in the same bowl; pour over ham mixture.
- ☐ Bake in oven until eggs are set, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:5.97, Inflammation Score:-4, Nutrition Score:11.633913024612%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 293.26kcal (14.66%), Fat: 17.21g (26.48%), Saturated Fat: 8.87g (55.46%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 19.45g (7.07%), Sugar: 1.57g (1.74%), Cholesterol: 143.07mg (47.69%), Sodium: 646.29mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.22%), Phosphorus: 265.62mg (26.56%), Selenium: 17.54µg (25.06%), Vitamin C: 18.48mg (22.4%), Calcium: 188.12mg (18.81%), Vitamin B2: 0.29mg (17.12%), Vitamin B1: 0.24mg (15.7%), Vitamin B12: 0.81µg (13.49%), Potassium: 455.1mg (13%), Vitamin B3: 2.51mg (12.54%), Zinc: 1.76mg (11.76%), Vitamin B6: 0.23mg (11.49%), Vitamin A: 555.14IU (11.1%), Vitamin B5: 1.06mg (10.64%), Manganese: 0.2mg (9.96%), Iron: 1.7mg (9.46%), Copper: 0.16mg (7.89%), Magnesium: 27.6mg (6.9%), Fiber: 1.71g (6.84%), Folate: 22.58µg (5.65%), Vitamin D: 0.84µg (5.58%), Vitamin E: 0.6mg (4.01%), Vitamin K: 1.7µg (1.62%)