

Taste of Home



HEALTH SCORE

14%

Hamburger Hash Browns

READY IN



50 min.

SERVINGS



6

CALORIES



511 kcal

SIDE DISH

Ingredients

- 4 cups hash browns shredded frozen thawed
- 3 tablespoons vegetable oil
- 0.1 teaspoon pepper
- 1 pound ground beef
- 1 envelope brown gravy mix
- 1 cup water
- 10 ounces savory vegetable mixed frozen thawed
- 0.5 teaspoon garlic powder
- 1 cup cheddar cheese shredded divided

2.8 ounces bread divided canned

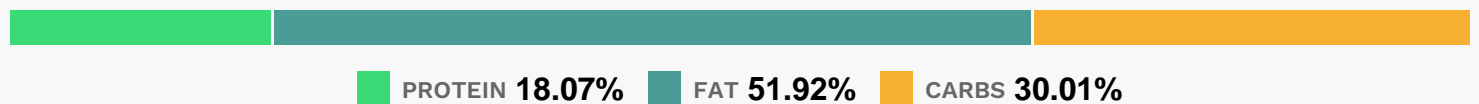
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a bowl, combine hash browns, oil and pepper. Press onto the bottom and 1 in up the sides of an ungreased 9-in. square baking dish.
- Bake, uncovered, at 350° for 15 minutes. Meanwhile, in a skillet, cook beef over medium heat until no longer pink; drain. Stir in gravy mix and water.
- Add vegetables and garlic powder. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Stir in 1/2 cup cheese and half of the onions. Spoon into the potato shell.
- Bake, uncovered, at 350° for 15 minutes.
- Sprinkle with the remaining cheese and onions.
- Bake 5 minutes longer.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:14.52, Inflammation Score:-9, Nutrition Score:19.840869644414%

Nutrients (% of daily need)

Calories: 511kcal (25.55%), Fat: 29.76g (45.79%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 34.54g (12.56%), Sugar: 0.69g (0.76%), Cholesterol: 72.51mg (24.17%), Sodium: 309.53mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Vitamin A: 2588.25IU (51.77%), Vitamin B3: 6.77mg (33.83%), Phosphorus: 314.37mg (31.44%), Vitamin B12: 1.82µg (30.29%), Selenium: 21.12µg (30.18%), Zinc: 4.51mg (30.05%), Vitamin B6: 0.44mg (22.14%), Vitamin B1: 0.33mg (21.77%), Iron: 3.85mg (21.41%), Potassium: 736.8mg (21.05%), Manganese: 0.41mg (20.31%), Vitamin C: 16.4mg (19.88%), Vitamin B2: 0.31mg (18.33%), Calcium:

181.02mg (18.1%), Fiber: 4.17g (16.7%), Vitamin K: 14.48µg (13.79%), Copper: 0.26mg (13.16%), Magnesium: 49.57mg (12.39%), Folate: 44.95µg (11.24%), Vitamin B5: 1.03mg (10.33%), Vitamin E: 1.04mg (6.92%), Vitamin D: 0.19µg (1.26%)