



Hand Held Hashbrown Casseroles

 **Gluten Free**

READY IN



40 min.

SERVINGS



24

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bell peppers diced
- 0.5 teaspoon pepper black
- 3 tablespoons butter melted
- 4 eggs
- 1 cup ham cubed
- 20 ounce hash brown potatoes bob evans®
- 0.5 cup milk
- 1 pound original sausage crumbled cooked bob evans®

1 cup cheddar cheese shredded

Equipment

bowl

oven

knife

whisk

toothpicks

muffin tray

Directions

Preheat oven to 350 degrees F. Lightly grease a twelve cup muffin tin. In a bowl whisk together eggs and milk.

Add all remaining ingredients and mix thoroughly. Fill muffin tins 2/3 full.

Bake at 350 degrees F for 27–30 minutes or until a toothpick or knife inserted in the center comes out clean.

Nutrition Facts



PROTEIN 20.04% **FAT 64.71%** **CARBS 15.25%**

Properties

Glycemic Index:9.92, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:3.9182608982791%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.12kcal (6.41%), Fat: 9.22g (14.19%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.5g (0.56%), Cholesterol: 52.51mg (17.5%), Sodium: 241.84mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.85%), Phosphorus: 79.13mg (7.91%), Vitamin C: 6.04mg (7.32%), Vitamin B3: 1.33mg (6.63%), Vitamin B1: 0.08mg (5.59%), Selenium: 3.77µg (5.39%), Vitamin B2: 0.09mg (5.35%), Vitamin B6: 0.11mg (5.32%), Vitamin B12: 0.31µg (5.1%), Zinc: 0.76mg (5.05%), Vitamin A: 250.34IU (5.01%), Calcium: 48.53mg (4.85%), Potassium: 143.1mg (4.09%), Vitamin B5: 0.37mg (3.66%), Iron: 0.63mg

(3.47%), Vitamin D: 0.48µg (3.18%), Manganese: 0.05mg (2.35%), Copper: 0.04mg (2.19%), Magnesium: 8.48mg (2.12%), Folate: 7.06µg (1.76%), Fiber: 0.41g (1.63%), Vitamin E: 0.24mg (1.61%)