



Hash Brown Breakfast Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



486 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 cup baking mix all-purpose
- 5 large eggs lightly beaten
- 8 servings hot sauce sour green
- 1 pound sausage meat hot
- 2.5 cups hash browns frozen cubed
- 1.8 cups milk
- 0.3 cup onion chopped
- 8 servings garnish: parsley sprigs fresh
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 8 ounces sharp cheddar cheese shredded

Equipment

- frying pan
- paper towels
- oven
- baking pan
- aluminum foil

Directions

- Cook sausage and onion in a large skillet over medium-high heat 5 minutes or until meat crumbles. Stir in hash browns, and cook 5 to 7 minutes or until sausage is no longer pink and potatoes are lightly browned.
- Drain mixture on paper towels; spoon into a greased 13- x 9-inch baking dish.
- Stir together eggs, cheese, and next 4 ingredients; pour evenly over sausage mixture, stirring well. Cover and chill 8 hours.
- Bake, covered with nonstick foil, at 350 for 45 minutes. Uncover and bake 10 to 15 more minutes or until a wooden pick inserted in the center comes out clean.
- Remove from oven, and let stand 5 minutes.
- Serve with desired toppings.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:19.596956377444%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 486.36kcal (24.32%), Fat: 32.12g (49.41%), Saturated Fat: 13.11g (81.95%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.83g (8.66%), Sugar: 4.77g (5.3%), Cholesterol: 192.13mg (64.04%), Sodium: 894.27mg (38.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Vitamin K: 67.86µg (64.63%), Phosphorus: 444.64mg (44.46%), Calcium: 329.1mg (32.91%), Vitamin B2: 0.49mg (28.87%), Selenium: 19.98µg (28.55%), Vitamin B1: 0.36mg (24.15%), Vitamin B12: 1.41µg (23.45%), Vitamin B3: 4.59mg (22.97%), Zinc: 3.17mg (21.15%), Vitamin A: 919.97IU (18.4%), Vitamin B6: 0.36mg (17.86%), Vitamin B5: 1.54mg (15.43%), Potassium: 527.56mg (15.07%), Iron: 2.55mg (14.14%), Vitamin D: 2.12µg (14.13%), Vitamin C: 11.59mg (14.05%), Folate: 49.63µg (12.41%), Magnesium: 39.33mg (9.83%), Manganese: 0.18mg (9.22%), Copper: 0.17mg (8.34%), Fiber: 1.47g (5.87%), Vitamin E: 0.73mg (4.84%)