



## Hash Brown Breakfast Casserole

 Gluten Free

READY IN



570 min.

SERVINGS



8

CALORIES



418 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 1 lb pork sausage
- 0.3 cup onion chopped
- 2.5 cups hash browns diced frozen
- 5 eggs
- 1.8 cups milk
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 8 oz sharp cheddar cheese shredded

- 1 serving jalapeno pepper sauce green
- 1 serving cream sour
- 1 cup frangelico

## Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook sausage and onion over medium-high heat 5 minutes, stirring occasionally. Stir in potatoes. Cook 5 to 7 minutes, stirring occasionally, until sausage is no longer pink and potatoes are lightly browned.
- Drain mixture on paper towels; spoon into baking dish.
- In medium bowl, stir eggs, milk, Bisquick mix, salt and pepper with fork or whisk until blended. Stir in cheese.
- Pour over sausage mixture and stir well. Cover with nonstick foil; refrigerate 8 to 12 hours.
- Heat oven to 350°F.
- Bake casserole covered 45 minutes. Uncover; bake 10 to 15 minutes longer or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Serve with picante sauce and sour cream.

## Nutrition Facts

PROTEIN 20.94% FAT 64.11% CARBS 14.95%

## Properties

Glycemic Index:22.88, Glycemic Load:4.56, Inflammation Score:-4, Nutrition Score:13.753913236701%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 418.32kcal (20.92%), Fat: 29.71g (45.71%), Saturated Fat: 12.55g (78.41%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 14.57g (5.3%), Sugar: 3.03g (3.36%), Cholesterol: 178.76mg (59.59%), Sodium: 693.46mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.65%), Phosphorus: 348.28mg (34.83%), Calcium: 296.14mg (29.61%), Selenium: 17.76µg (25.37%), Vitamin B2: 0.41mg (23.92%), Vitamin B12: 1.32µg (21.98%), Zinc: 3mg (19.98%), Vitamin B3: 3.86mg (19.29%), Vitamin B1: 0.27mg (18.09%), Vitamin B6: 0.34mg (16.81%), Potassium: 477.53mg (13.64%), Vitamin D: 2.04µg (13.63%), Vitamin B5: 1.34mg (13.42%), Vitamin A: 571.36IU (11.43%), Iron: 1.82mg (10.1%), Magnesium: 33.28mg (8.32%), Vitamin C: 6.17mg (7.48%), Copper: 0.14mg (6.76%), Manganese: 0.13mg (6.3%), Folate: 23.12µg (5.78%), Vitamin E: 0.64mg (4.29%), Fiber: 1.02g (4.08%), Vitamin K: 1.29µg (1.23%)