



Hash Brown Breakfast Casserole

 Gluten Free

READY IN



570 min.

SERVINGS



8

CALORIES



439 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 lb pork sausage
- 5 eggs
- 8 servings jalapeno pepper sauce green
- 2.5 cups hash browns diced frozen
- 1.8 cups milk
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

- 8 oz sharp cheddar cheese shredded
- 8 servings cream sour
- 1 cup frangelico
- 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 350F.
- 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 20.15% FAT 65.18% CARBS 14.67%

Properties

Glycemic Index:22.88, Glycemic Load:4.56, Inflammation Score:-4, Nutrition Score:14.091304411059%

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: 439.12kcal (21.96%), Fat: 31.75g (48.84%), Saturated Fat: 13.61g (85.04%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 15.06g (5.47%), Sugar: 3.39g (3.76%), Cholesterol: 184.96mg (61.65%), Sodium: 699.03mg (30.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.17%), Phosphorus: 356.27mg (35.63%), Calcium: 306.75mg (30.67%), Selenium: 18.15µg (25.93%), Vitamin B2: 0.42mg (24.97%), Vitamin B12: 1.34µg (22.34%), Zinc: 3.03mg (20.21%), Vitamin B3: 3.87mg (19.34%), Vitamin B1: 0.27mg (18.23%), Vitamin B6: 0.34mg (17.04%), Potassium: 490.78mg (14.02%), Vitamin B5: 1.38mg (13.78%), Vitamin D: 2.04µg (13.63%), Vitamin A: 636.92IU (12.74%), Iron: 1.83mg (10.14%), Magnesium: 34.33mg (8.58%), Vitamin C: 6.33mg (7.67%), Copper: 0.14mg (6.86%), Manganese: 0.13mg (6.36%), Folate: 23.76µg (5.94%), Vitamin E: 0.68mg (4.55%), Fiber: 1.02g (4.08%), Vitamin K: 1.45µg (1.39%)