



Hash Brown Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 ounce cartons cholesterol-free egg product
- 12 fluid ounce nestle® carnation® evaporated milk canned
- 1 small bell pepper green chopped
- 0.5 teaspoon ground pepper black
- 30 ounce hash brown potatoes shredded frozen
- 1 medium onion chopped
- 1 teaspoon salt
- 2 cups cheddar cheese shredded

Equipment

- bowl
- oven
- baking pan

Directions

- PREHEAT oven to 350 degrees F. Grease 13 x 9-inch baking dish.
- COMBINE egg product, evaporated milk, cheese, salt and black pepper in large bowl.
- Add potatoes, onion, bell pepper and ham; mix well.
- Pour mixture into prepared baking dish.
- BAKE for 60 to 65 minutes or until set.

Nutrition Facts

PROTEIN 20.88% **FAT 47.8%** **CARBS 31.32%**

Properties

Glycemic Index:10.58, Glycemic Load:3.93, Inflammation Score:-4, Nutrition Score:9.4886956214905%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 220.52kcal (11.03%), Fat: 11.8g (18.15%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.11g (5.86%), Sugar: 3.67g (4.08%), Cholesterol: 132.87mg (44.29%), Sodium: 404.72mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.19%), Phosphorus: 239.75mg (23.97%), Calcium: 236.51mg (23.65%), Selenium: 14.98µg (21.39%), Vitamin B2: 0.32mg (18.84%), Vitamin C: 12.01mg (14.56%), Potassium: 370.53mg (10.59%), Zinc: 1.46mg (9.72%), Vitamin B5: 0.95mg (9.49%), Vitamin A: 435.93IU (8.72%), Vitamin B12: 0.5µg (8.32%), Vitamin B6: 0.16mg (8.13%), Iron: 1.33mg (7.37%), Manganese: 0.15mg (7.28%), Vitamin B1: 0.11mg (7.15%), Vitamin B3: 1.31mg (6.54%), Magnesium: 25.06mg (6.27%), Folate: 24.85µg (6.21%), Copper: 0.11mg (5.52%), Fiber: 1.27g (5.1%), Vitamin D: 0.71µg (4.73%), Vitamin E: 0.51mg (3.41%), Vitamin K: 1.34µg (1.28%)