



Hash-Brown Egg Cups

 Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



413 kcal

SIDE DISH

Ingredients

- 3 oz cheddar cheese shredded
- 2 cups hash browns shredded refrigerated (from 20-oz bag)
- 0.3 cup spring onion chopped (4 medium)
- 0.5 teaspoon lawry's seasoned salt
- 0.1 teaspoon pepper
- 2 eggs
- 0.1 teaspoon seasoning italian

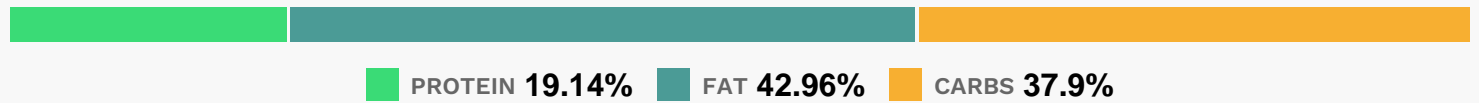
Equipment

- bowl
- oven
- ramekin

Directions

- Heat oven to 400°F. Spray 2 (2-cup) ovenproof bowls or ramekins with cooking spray. Reserve 2 tablespoons of the cheese for topping. In medium bowl, mix remaining cheese, the potatoes, onions, 1/4 teaspoon of the seasoned salt and the pepper. Press mixture in bottom and up side of each bowl, leaving indentation in center.
- Bake 25 to 30 minutes or until golden brown and crisp.
- Remove from oven. Break egg into center of each cup.
- Sprinkle with remaining 1/4 teaspoon seasoned salt, the Italian seasoning and reserved 2 tablespoons cheese.
- Return to oven; bake 8 to 12 minutes longer or until eggs are set and of desired doneness.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:11.11, Inflammation Score:-6, Nutrition Score:18.190869559412%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 413.26kcal (20.66%), Fat: 19.98g (30.74%), Saturated Fat: 9.89g (61.82%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 36.3g (13.2%), Sugar: 0.6g (0.67%), Cholesterol: 206.2mg (68.73%), Sodium: 970.22mg (42.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.06%), Phosphorus: 385.59mg (38.56%), Selenium: 26.26µg (37.52%), Calcium: 358.2mg (35.82%), Vitamin K: 28.01µg (26.68%), Vitamin B2: 0.43mg (25.23%), Vitamin C: 19.57mg (23.72%), Potassium: 729.82mg (20.85%), Manganese: 0.37mg (18.34%), Vitamin B3: 3.62mg (18.11%), Zinc: 2.62mg (17.5%), Iron: 3.14mg (17.47%), Vitamin B1: 0.24mg (16.06%), Vitamin A: 791.13IU (15.82%), Vitamin B5: 1.54mg (15.41%), Vitamin B6: 0.3mg (14.81%), Vitamin B12: 0.84µg (14.04%), Fiber: 3.35g (13.4%), Copper: 0.27mg (13.34%), Folate: 46.33µg (11.58%), Magnesium: 42.93mg (10.73%), Vitamin D: 1.14µg (7.57%), Vitamin E: 0.87mg (5.83%)