



Hash Brown Frittata

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups hash browns shredded refrigerated
- ☐ 11 ounces corn whole with red and green peppers, drained canned
- ☐ 1 teaspoon onion salt
- ☐ 4 eggs
- ☐ 0.3 cup milk
- ☐ 1.5 teaspoons marjoram dried fresh chopped
- ☐ 0.5 teaspoon hot sauce red
- ☐ 0.3 cup cheddar cheese shredded

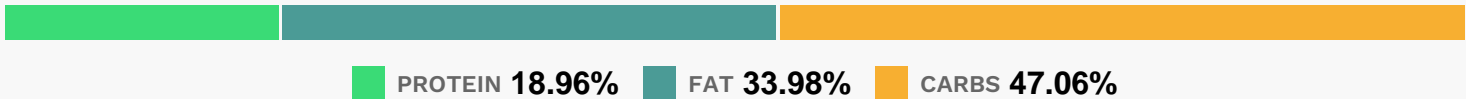
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Mix potatoes, corn and onion salt. Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Pack potato mixture firmly into skillet, leaving 1/2-inch space around edge. Reduce heat to medium-low. Cook uncovered about 10 minutes or until bottom starts to brown.
- ☐ Meanwhile, mix eggs, milk, marjoram and pepper sauce.
- ☐ Pour egg mixture over potato mixture. Cook uncovered over medium-low heat. As mixture begins to set on bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook about 5 minutes or until eggs are thickened throughout but still moist.
- ☐ Sprinkle with cheese.
- ☐ Reduce heat to low. Cover and cook about 10 minutes or until center is set and cheese is bubbly. Loosen bottom of frittata with spatula.
- ☐ Cut frittata into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:5.64, Inflammation Score:-3, Nutrition Score:10.349130376526%

Nutrients (% of daily need)

Calories: 254.44kcal (12.72%), Fat: 9.64g (14.84%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 28.56g (10.39%), Sugar: 0.94g (1.04%), Cholesterol: 174.93mg (58.31%), Sodium: 874.65mg (38.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Selenium: 16.78µg (23.97%), Phosphorus: 227.13mg (22.71%), Vitamin B2: 0.29mg (17.09%), Potassium: 481.94mg (13.77%), Vitamin C: 10.33mg (12.52%), Folate: 49.6µg (12.4%), Calcium: 123.18mg (12.32%), Vitamin B3: 2.41mg (12.06%), Iron: 2.02mg (11.24%), Vitamin B5: 1.11mg (11.1%), Manganese: 0.21mg (10.73%), Vitamin B12: 0.57µg (9.56%), Vitamin B1: 0.14mg (9.51%),

Zinc: 1.42mg (9.45%), Vitamin B6: 0.18mg (9.16%), Copper: 0.16mg (8.2%), Magnesium: 29.95mg (7.49%), Vitamin D: 1.1µg (7.36%), Vitamin A: 360.5IU (7.21%), Fiber: 1.49g (5.95%), Vitamin E: 0.54mg (3.61%)