



Hash Brown Potato and Egg Bake

 Popular

READY IN



80 min.

SERVINGS



12

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb bacon chopped
- ☐ 0.5 cup onion chopped
- ☐ 30 oz hash browns shredded frozen dry country-style thawed
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.3 cup parmesan cheese grated
- ☐ 9 large eggs
- ☐ 1.3 cups milk
- ☐ 8 oz cream sour

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup panko bread crumbs
- ☐ 2 tablespoons butter melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 10-inch skillet, cook bacon and onion over medium-high heat about 10 minutes, stirring occasionally, until bacon is crisp and onion is tender; drain on paper towels.
- ☐ In large bowl, toss bacon mixture, potatoes and cheeses. Spoon into baking dish. In same bowl, beat eggs, milk, sour cream, salt, mustard and pepper with fork or wire whisk until well blended.
- ☐ Pour over potato mixture.
- ☐ Bake uncovered 35 minutes. In small bowl, toss cornflake crumbs and butter.
- ☐ Sprinkle over casserole.
- ☐ Bake 10 to 15 minutes longer or until knife inserted in center comes out clean.

Nutrition Facts



 **PROTEIN 17.04%**  **FAT 62.58%**  **CARBS 20.38%**

Properties

Glycemic Index:12.92, Glycemic Load:4.3, Inflammation Score:-5, Nutrition Score:11.776521677556%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 359.38kcal (17.97%), Fat: 25.08g (38.58%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.12g (6.23%), Sugar: 2.52g (2.8%), Cholesterol: 186.89mg (62.3%), Sodium: 603.93mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Selenium: 23.8µg (34%), Phosphorus: 282.62mg (28.26%), Calcium: 238.98mg (23.9%), Vitamin B2: 0.37mg (21.6%), Vitamin B12: 0.84µg (14.08%), Vitamin A: 659.68IU (13.19%), Vitamin B1: 0.19mg (12.59%), Zinc: 1.86mg (12.43%), Vitamin B5: 1.18mg (11.78%), Vitamin B6: 0.23mg (11.28%), Potassium: 388.73mg (11.11%), Vitamin B3: 2.21mg (11.03%), Iron: 1.64mg (9.09%), Manganese: 0.16mg (8.21%), Vitamin D: 1.23µg (8.19%), Vitamin C: 6.49mg (7.87%), Folate: 29.93µg (7.48%), Magnesium: 27.84mg (6.96%), Copper: 0.13mg (6.33%), Vitamin E: 0.8mg (5.31%), Fiber: 1.25g (5%), Vitamin K: 1.23µg (1.17%)