



Hash Brown Quiche

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 tablespoons butter melted ()
- 0.8 cup ham diced cooked
- 3 large eggs beaten
- 0.5 cup green onions diced
- 1 cup half-and-half
- 3 cups hash browns shredded frozen thawed drained
- 8 servings salt and pepper black freshly ground
- 1 cup cheddar shredded

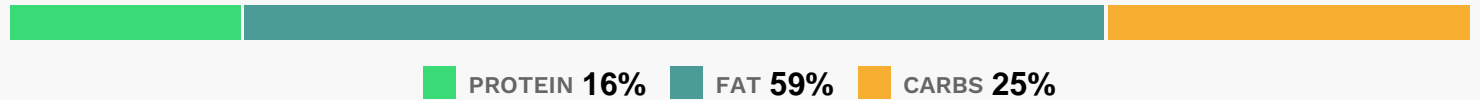
Equipment

- paper towels
- oven
- mixing bowl

Directions

- Preheat oven to 450 degrees F.
- Gently press the drained hash browns between paper towels to dry them as best as possible. In a 9-inch pie plate, toss the hash browns with the melted butter into the plate. Press them into the bottom and up the sides to form a crust.
- Bake for 20 to 25 minutes until golden brown and starting to crisp.
- Meanwhile, in a large mixing bowl, combine the remaining ingredients. When the hash brown crust is ready pour the egg mixture over it and return to the oven.
- Lower the oven temperature to 350 degrees F and bake for about 30 minutes until the quiche is light golden brown on top and puffed.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:4.19, Inflammation Score:-4, Nutrition Score:9.2921738520913%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 256.87kcal (12.84%), Fat: 17.05g (26.23%), Saturated Fat: 9.34g (58.35%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 14.97g (5.44%), Sugar: 1.52g (1.68%), Cholesterol: 117.25mg (39.08%), Sodium: 323.17mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.81%), Phosphorus: 202.65mg (20.27%), Selenium: 13.17µg (18.81%), Calcium: 157.86mg (15.79%), Vitamin B2: 0.25mg (14.73%), Vitamin K: 14.38µg (13.69%), Vitamin C: 10.37mg (12.57%), Vitamin A: 587.66IU (11.75%), Vitamin B1: 0.16mg (10.47%), Potassium: 351.15mg (10.03%), Vitamin B12: 0.54µg (8.92%), Vitamin B3: 1.78mg (8.89%), Zinc: 1.31mg (8.74%), Vitamin B5: 0.79mg

(7.94%), Vitamin B6: 0.16mg (7.83%), Manganese: 0.15mg (7.48%), Iron: 1.33mg (7.4%), Copper: 0.12mg (5.87%), Magnesium: 21.54mg (5.38%), Fiber: 1.29g (5.16%), Folate: 20.38µg (5.1%), Vitamin E: 0.58mg (3.84%), Vitamin D: 0.46µg (3.06%)