

Hash Brown Quiche

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 cup butter melted
- 1 cup finely-chopped ham diced cooked
- 2 eggs
- 3 cups hash browns shredded
- 0.5 cup milk
- 0.3 cup onion chopped
- 8 servings salt and pepper to taste
- 8 servings lawry's seasoned salt to taste

1 cup cheddar cheese shredded

Equipment

bowl

oven

whisk

pie form

Directions

Preheat oven to 425 degrees F (220 degrees C).

Press hash browns onto the bottom and sides of a 9 inch pie dish.

Drizzle with melted butter, and sprinkle with seasoning salt.

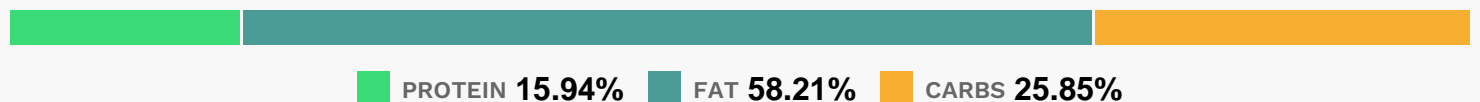
Bake in preheated oven for 20 minutes, or until beginning to brown.

In a small bowl, combine ham, onion and shredded cheese. In a separate bowl, whisk together eggs, milk, salt, pepper, and a little seasoning salt. When crust is ready, spread ham mixture on the bottom, then cover with egg mixture.

Reduce oven temperature to 350 degrees F (175 degrees C.)

Bake in preheated oven for 20 to 25 minutes, or until filling is puffed and golden brown.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:4.45, Inflammation Score:-4, Nutrition Score:7.8069565399833%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 237.95kcal (11.9%), Fat: 15.58g (23.96%), Saturated Fat: 8.57g (53.58%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.38g (5.23%), Sugar: 1.04g (1.15%), Cholesterol: 87.52mg (29.17%), Sodium: 742.86mg (32.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.19%), Phosphorus: 183.85mg (18.39%), Selenium: 10.82µg (15.45%), Calcium: 137.16mg (13.72%), Vitamin C: 10.12mg (12.26%), Vitamin B1: 0.17mg (11.4%), Vitamin B2: 0.18mg (10.75%), Vitamin B3: 1.85mg (9.27%), Vitamin A: 462.1IU (9.24%), Potassium: 322.71mg (9.22%), Vitamin B12: 0.55µg (9.09%), Zinc: 1.22mg (8.14%), Vitamin B6: 0.15mg (7.44%), Vitamin B5: 0.68mg (6.78%), Manganese: 0.13mg (6.71%), Iron: 1.12mg (6.24%), Copper: 0.11mg (5.45%), Magnesium: 19.29mg (4.82%), Fiber: 1.19g (4.75%), Folate: 12.94µg (3.24%), Vitamin D: 0.47µg (3.15%), Vitamin E: 0.45mg (3%), Vitamin K: 1.1µg (1.05%)