



Hash Browns and Egg Bake

READY IN



35 min.

SERVINGS



2

CALORIES



289 kcal

SIDE DISH

Ingredients

- 1.5 cups potatoes frozen with onions and peppers (from 28-oz bag), thawed
- 0.3 cup eggs fat-free
- 0.5 cup skim milk fat-free (skim)
- 0.3 cup baking mix bisquick heart smart®
- 1 teaspoon suya seasoning mix salt-free
- 0.3 cup cheddar cheese shredded reduced-fat

Equipment

- bowl

oven

whisk

Directions

Heat oven to 375°F. Spray bottom and side of 8- or 9-inch glass pie plate with cooking spray.

Spread potatoes in bottom of pie plate.

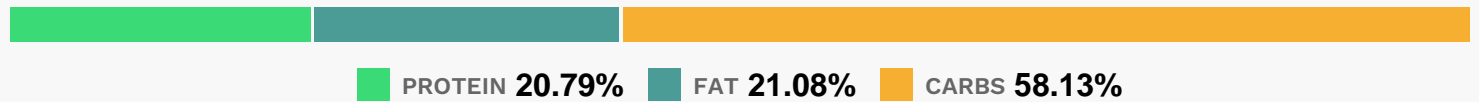
In medium bowl, mix remaining ingredients except cheese with wire whisk or fork until well blended.

Pour over potatoes.

Sprinkle cheese over top.

Bake 20 to 22 minutes or until eggs in center are set.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:21.17, Inflammation Score:-6, Nutrition Score:17.939999912096%

Flavonoids

Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 288.85kcal (14.44%), Fat: 6.81g (10.48%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 37.45g (13.62%), Sugar: 6.38g (7.09%), Cholesterol: 119.09mg (39.7%), Sodium: 384.97mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.23%), Phosphorus: 398.01mg (39.8%), Vitamin C: 31.13mg (37.73%), Vitamin B6: 0.6mg (29.87%), Calcium: 261.13mg (26.11%), Potassium: 875.21mg (25.01%), Vitamin B2: 0.39mg (22.92%), Selenium: 14.99µg (21.41%), Manganese: 0.43mg (21.32%), Fiber: 4.83g (19.31%), Vitamin K: 19.49µg (18.56%), Vitamin B1: 0.27mg (17.69%), Iron: 3.16mg (17.56%), Folate: 67.36µg (16.84%), Magnesium: 60.64mg (15.16%), Vitamin B5: 1.34mg (13.4%), Vitamin B12: 0.78µg (12.94%), Vitamin B3: 2.56mg (12.8%), Copper: 0.24mg (11.79%), Zinc: 1.62mg (10.82%), Vitamin D: 1.3µg (8.67%), Vitamin A: 373.63IU (7.47%), Vitamin E: 0.82mg (5.44%)