



Hash Browns and Egg Bake

READY IN



35 min.

SERVINGS



2

CALORIES



289 kcal

SIDE DISH

Ingredients

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

Equipment

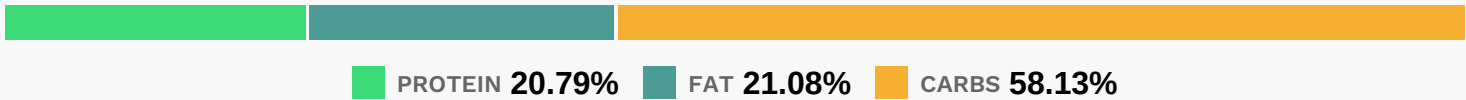
- ☐ bowl

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 375F. 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:17.9399999912096%

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%)