



Healthified Impossibly Easy Breakfast Bake

READY IN



70 min.

SERVINGS



12

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 cup bell pepper chopped
- 24 oz turkey sausage
- 4 eggs
- 3 cups hash browns shredded frozen
- 4 oz cheddar cheese shredded reduced-fat
- 2 cups milk 1%
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

1 cup baking mix bisquick heart smart®

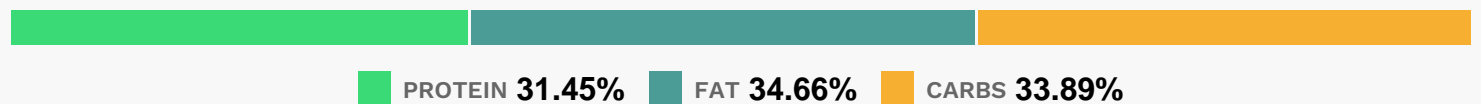
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- Heat oven to 400°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.
- In 10-inch skillet, cook sausage, bell pepper and onion over medium heat, stirring occasionally, until sausage is no longer pink; drain. Stir together sausage mixture, frozen potatoes and 1/2 cup of the cheese in baking dish.
- In medium bowl, stir Bisquick mix, milk, salt, pepper and eggs until blended.
- Pour into baking dish.
- Bake uncovered 35 to 40 minutes or until knife inserted in center comes out clean.
- Sprinkle with remaining 1/2 cup cheese.
- Bake 1 to 2 minutes longer or just until cheese is melted. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:12.313043433687%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 233.97kcal (11.7%), Fat: 8.92g (13.73%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 18.3g (6.65%), Sugar: 4.02g (4.47%), Cholesterol: 101.24mg (33.75%), Sodium: 667.04mg (29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.43%), Phosphorus: 304.05mg (30.41%), Vitamin C: 22.03mg (26.7%), Vitamin B3: 4.13mg (20.63%), Vitamin B2: 0.34mg (19.95%), Vitamin B12: 1.19µg (19.88%), Vitamin B6: 0.39mg (19.73%), Zinc: 2.48mg (16.52%), Calcium: 133.56mg (13.36%), Vitamin B1: 0.19mg (12.75%), Vitamin B5: 1.27mg (12.69%), Potassium: 440mg (12.57%), Vitamin A: 607.91IU (12.16%), Selenium: 7.65µg (10.93%), Iron: 1.82mg (10.13%), Folate: 33.14µg (8.28%), Manganese: 0.16mg (7.82%), Magnesium: 29.27mg (7.32%), Copper: 0.13mg (6.72%), Fiber: 1.33g (5.32%), Vitamin D: 0.74µg (4.9%), Vitamin E: 0.45mg (3.01%), Vitamin K: 1.49µg (1.42%)