

Hearty Breakfast Bake

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 12 ounces sausage meat
- ☐ 5 eggs
- ☐ 0.3 cup bell pepper thinly sliced chopped
- ☐ 2.5 cups hash browns frozen (from 30-ounce package)
- ☐ 2 cups milk
- ☐ 0.1 teaspoon pepper
- ☐ 8 ounces swiss cheese shredded (2 cups)
- ☐ 1 cup frangelico

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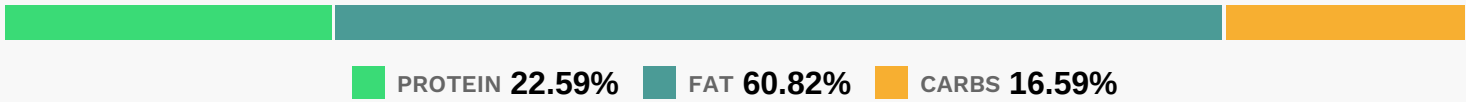
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 400F. Spray 13x9-inch baking dish with cooking spray or grease with shortening.
- ☐ Cook sausage in 10-inch skillet over medium-high heat, stirring frequently, until no longer pink; drain.
- ☐ Layer sausage, onions, potatoes and cheese in baking dish. Stir remaining ingredients in large bowl with fork or wire whisk until blended.
- ☐ Pour over ingredients in baking dish.
- ☐ Bake uncovered 35 to 40 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:3.05, Inflammation Score:-3, Nutrition Score:9.4286955724592%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.81kcal (12.39%), Fat: 16.71g (25.7%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.57g (3.48%), Sugar: 2.15g (2.39%), Cholesterol: 111.07mg (37.02%), Sodium: 266.51mg (11.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Phosphorus: 245.53mg (24.55%), Calcium: 235.73mg (23.57%), Vitamin B12: 1.19µg (19.91%), Selenium: 12.23µg (17.46%), Vitamin B2: 0.24mg (14.15%), Zinc: 1.94mg (12.96%), Vitamin B3: 2.16mg (10.8%), Vitamin B1: 0.15mg (10.29%), Vitamin B6: 0.2mg (10.16%), Vitamin C: 7.76mg (9.41%), Vitamin A: 440.31IU (8.81%), Potassium: 301.54mg (8.62%), Vitamin B5: 0.86mg (8.55%), Vitamin D: 1.18µg (7.88%), Iron: 1.1mg (6.13%), Magnesium: 22.51mg (5.63%), Copper: 0.09mg (4.27%), Manganese: 0.08mg (3.96%), Folate: 13.78µg (3.45%), Vitamin E: 0.43mg (2.86%), Fiber: 0.68g (2.73%)