



Home-Style Hash Browns

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bell pepper chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 1 bag hash browns shredded refrigerated (1 pound 4 ounces)
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon vegetable oil

☐ 1 serving parmesan cheese grated

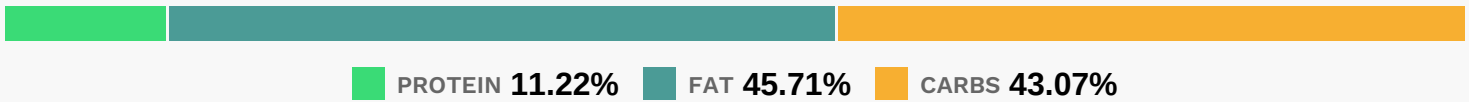
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 325°F.
- ☐ Mix bell pepper, onion, potatoes, 2 tablespoons cheese, the salt and pepper in large bowl.
- ☐ Pour butter and oil into rectangular pan, 13x9x2 inches. Tilt pan to coat the bottom.
- ☐ Spread potato mixture in pan.
- ☐ Bake uncovered about 35 minutes. Run a spatula under edge of potato mixture; turn potato mixture over to other side.
- ☐ Bake uncovered about 5 minutes longer or until golden brown.
- ☐ Sprinkle with additional cheese before serving.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:3.46, Inflammation Score:-7, Nutrition Score:6.8595652049002%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 123.35kcal (6.17%), Fat: 6.45g (9.93%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.12g (4.41%), Sugar: 1.61g (1.79%), Cholesterol: 5.8mg (1.93%), Sodium: 346.47mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin C: 37.42mg (45.36%), Vitamin A: 919.38IU

(18.39%), Phosphorus: 79.89mg (7.99%), Manganese: 0.14mg (7.23%), Vitamin B6: 0.14mg (7.17%), Potassium: 247.76mg (7.08%), Calcium: 70.59mg (7.06%), Fiber: 1.56g (6.25%), Vitamin B3: 1.21mg (6.04%), Vitamin K: 5.69µg (5.42%), Vitamin B1: 0.08mg (5.11%), Vitamin E: 0.69mg (4.58%), Folate: 16.66µg (4.17%), Iron: 0.73mg (4.06%), Selenium: 2.6µg (3.71%), Copper: 0.07mg (3.47%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.49mg (3.29%), Magnesium: 13.1mg (3.27%), Vitamin B5: 0.3mg (3.03%), Vitamin B12: 0.09µg (1.54%)