



Impossibly Easy Breakfast Bake (Crowd Size)

READY IN



70 min.

SERVINGS



12

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1.5 lb sausage meat
- 1 cup bell pepper chopped (any color)
- 0.5 cup onion chopped
- 3 cups hash browns frozen
- 8 oz cheddar cheese shredded
- 1 cup pancake mix
- 2 cups milk
- 0.3 teaspoon pepper
- 4 eggs

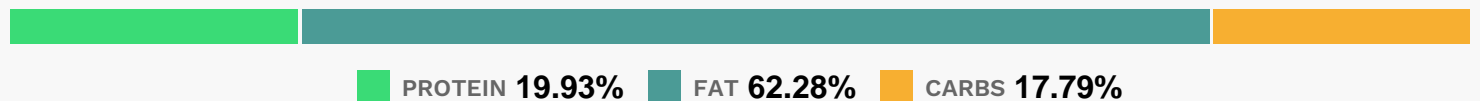
Equipment

- bowl
- oven
- knife
- whisk
- baking pan

Directions

- Heat oven to 400°F. Grease or spray 13x9-inch (3-quart) baking dish.
- In 12-inch skillet, cook sausage, bell pepper and onion over medium heat 10 to 12 minutes, stirring occasionally, until sausage is no longer pink; drain. Stir together sausage mixture, potatoes and 1 1/2 cups of the cheese in baking dish.
- In medium bowl, stir remaining ingredients except remaining cheese with fork or wire whisk.
- Pour into baking dish.
- Bake uncovered 38 to 43 minutes or until knife inserted in center comes out clean.
- Sprinkle with remaining cheese.
- Bake 1 to 2 minutes longer or just until cheese is melted.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:13.031739048336%

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: 367.52kcal (18.38%), Fat: 25.37g (39.03%), Saturated Fat: 10.15g (63.43%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 14.97g (5.44%), Sugar: 2.88g (3.2%), Cholesterol: 126.85mg (42.28%), Sodium: 587.52mg (25.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.54%), Phosphorus: 297.03mg (29.7%), Vitamin C: 21.15mg (25.64%), Calcium: 228.09mg (22.81%), Vitamin B2: 0.33mg (19.36%), Vitamin B3: 3.87mg (19.33%), Vitamin B1: 0.27mg (18.17%), Vitamin B12: 1.07µg (17.82%), Selenium: 11.89µg (16.99%), Vitamin B6: 0.34mg (16.88%), Zinc: 2.51mg (16.76%), Vitamin A: 793.19IU (15.86%), Potassium: 444.08mg (12.69%), Vitamin B5: 1.11mg (11.08%), Vitamin D: 1.59µg (10.61%), Iron: 1.64mg (9.13%), Magnesium: 30.07mg (7.52%), Manganese: 0.13mg (6.5%), Folate: 24.41µg (6.1%), Copper: 0.12mg (5.85%), Fiber: 1.33g (5.3%), Vitamin E: 0.62mg (4.15%), Vitamin K: 1.55µg (1.48%)