



## Impossibly Easy Breakfast Bake (Crowd Size)

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- 1 cup bell pepper chopped
- 24 oz sausage meat
- 4 eggs
- 3 cups hash browns frozen
- 2 cups milk
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 8 oz cheddar cheese shredded

- 1 cup frangelico
- 1 cup frangelico

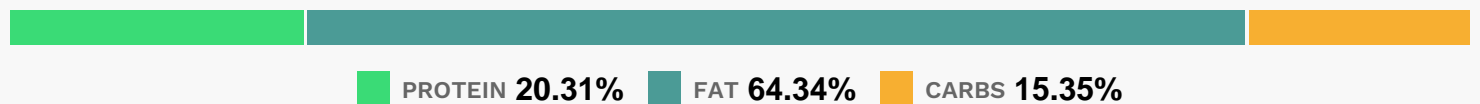
## Equipment

- oven
- knife
- baking pan

## Directions

- Heat oven to 400F. Grease rectangular baking dish, 13x9x2 inches. Cook sausage, bell pepper and onion in 10-inch skillet over medium heat, 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.
- Stir Bisquick mix, milk, pepper and eggs until blended.
- Pour into baking dish.
- Bake uncovered 40 to 45 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. Cool 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.92, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:12.204782382302%

## 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: 343.9kcal (17.19%), Fat: 24.54g (37.75%), Saturated Fat: 9.93g (62.05%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.05g (4.38%), Sugar: 2.88g (3.2%), Cholesterol: 119.16mg (39.72%), Sodium: 532.81mg

(23.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.85%), Phosphorus: 263.12mg (26.31%), Vitamin C: 21.09mg (25.56%), Calcium: 204.79mg (20.48%), Vitamin B3: 3.73mg (18.67%), Vitamin B2: 0.3mg (17.38%), Vitamin B12: 1.03µg (17.21%), Vitamin B1: 0.25mg (16.72%), Vitamin B6: 0.33mg (16.31%), Zinc: 2.43mg (16.22%), Selenium: 10.83µg (15.47%), Vitamin A: 766.11IU (15.32%), Potassium: 422.52mg (12.07%), Vitamin D: 1.59µg (10.61%), Vitamin B5: 1.05mg (10.53%), Iron: 1.5mg (8.35%), Magnesium: 27.68mg (6.92%), Manganese: 0.11mg (5.75%), Copper: 0.11mg (5.59%), Folate: 20.51µg (5.13%), Fiber: 1.12g (4.48%), Vitamin E: 0.62mg (4.15%), Vitamin K: 1.55µg (1.48%)