



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

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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.

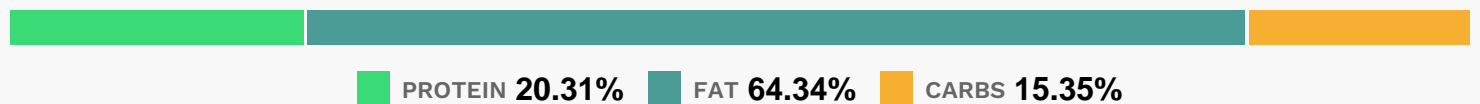
Pour into baking dish.

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%)