



WHATSheATE



Impossibly Easy Breakfast Bake (Crowd Size)

 Popular

READY IN



70 min.

SERVINGS



12

CALORIES



387 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 baking mix original bisquick®

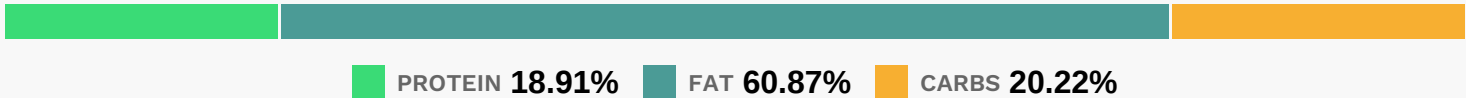
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. 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:13.486956689669%

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: 386.7kcal (19.33%), Fat: 26.08g (40.12%), Saturated Fat: 10.32g (64.53%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 18.17g (6.61%), Sugar: 4.04g (4.49%), Cholesterol: 119.36mg (39.79%), Sodium: 660.41mg (28.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.45%), Phosphorus: 321.62mg (32.16%),

Vitamin C: 21.12mg (25.6%), Calcium: 222.69mg (22.27%), Vitamin B3: 4.19mg (20.94%), Vitamin B1: 0.31mg (20.55%), Vitamin B2: 0.34mg (19.95%), Vitamin B12: 1.07µg (17.86%), Vitamin B6: 0.33mg (16.69%), Zinc: 2.49mg (16.62%), Selenium: 11.58µg (16.54%), Vitamin A: 766.51IU (15.33%), Potassium: 438.82mg (12.54%), Vitamin B5: 1.14mg (11.41%), Vitamin D: 1.59µg (10.61%), Iron: 1.78mg (9.88%), Folate: 33.01µg (8.25%), Magnesium: 30.18mg (7.55%), Manganese: 0.15mg (7.45%), Copper: 0.13mg (6.36%), Fiber: 1.33g (5.32%), Vitamin E: 0.63mg (4.23%), Vitamin K: 2.2µg (2.09%)