



Impossibly Easy Sausage Breakfast Pie

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



347 kcal

Ingredients

- ☐ 12 oz sausage meat
- ☐ 0.5 cup bell pepper chopped
- ☐ 0.5 cup onion chopped
- ☐ 1.5 cups hash browns shredded frozen
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 2 eggs
- ☐ 0.5 cup frangelico

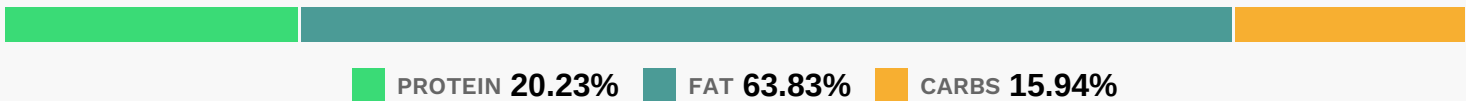
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In 10-inch skillet, cook sausage, bell pepper and onion over medium heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink; drain.
- ☐ Mix sausage mixture, potatoes and 1/2 cup of the cheese.
- ☐ Spread in pie plate.
- ☐ In medium bowl, stir Bisquick mix, milk, pepper and eggs until blended.
- ☐ Pour into pie plate.
- ☐ Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1/2 cup cheese; bake 1 to 2 minutes longer or just until cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:3.94, Inflammation Score:-6, Nutrition Score:12.369130217511%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 346.57kcal (17.33%), Fat: 24.54g (37.76%), Saturated Fat: 9.93g (62.07%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 12.56g (4.57%), Sugar: 3.16g (3.51%), Cholesterol: 119.16mg (39.72%), Sodium: 533.08mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.5g (34.99%), Phosphorus: 265.05mg (26.51%), Vitamin C: 21.58mg (26.16%), Calcium: 206.33mg (20.63%), Vitamin B3: 3.74mg (18.71%), Vitamin B2: 0.3mg (17.49%), Vitamin B12: 1.03µg (17.21%), Vitamin B1: 0.25mg (16.92%), Vitamin B6: 0.33mg (16.71%), Zinc: 2.44mg (16.3%), Selenium: 10.86µg (15.52%), Vitamin A: 766.24IU (15.32%), Potassium: 432.25mg (12.35%), Vitamin B5: 1.06mg (10.61%), Vitamin D: 1.59µg (10.61%), Iron: 1.52mg (8.42%), Magnesium: 28.35mg (7.09%), Manganese: 0.12mg (6.18%), Copper: 0.11mg (5.72%), Folate: 21.78µg (5.45%), Fiber: 1.23g (4.93%), Vitamin E: 0.62mg (4.15%), Vitamin K: 1.58µg (1.5%)