



Make-Ahead Brunch Cups

 **Gluten Free**  **Popular**

READY IN



60 min.

SERVINGS



12

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz hash browns shredded frozen country-style
- 0.8 cup condensed cream of cheddar cheese soup (from)
- 12 eggs
- 2 tablespoons butter
- 0.8 cup oz. bacon into pieces cooked (from a jar or package)
- 6 oz cheddar cheese shredded

Equipment

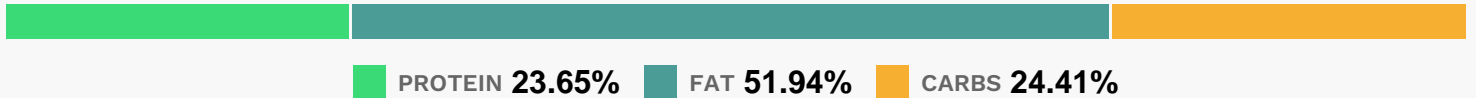
- bowl

- frying pan
- oven
- stove
- muffin liners

Directions

- Spray 24 regular-size muffin cups with cooking spray. Cook potatoes on stovetop as directed on bag.
- Spoon potatoes evenly into muffin cups, about 2 tablespoons each; press down into cups. Spoon heaping teaspoon soup on top of potatoes in each cup.
- In large bowl, beat eggs until well blended. In 10-inch skillet, melt butter over medium heat.
- Add eggs; cook and stir until scrambled and set. Spoon eggs evenly over soup in cups.
- Sprinkle each with about 1/2 tablespoon bacon and 1 tablespoon cheese. Refrigerate 8 hours or overnight.
- At serving time, heat oven to 350°F.
- Bake about 30 minutes or until thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:8.3069565348003%

Nutrients (% of daily need)

Calories: 227.09kcal (11.35%), Fat: 13.16g (20.25%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 12.86g (4.67%), Sugar: 0.34g (0.37%), Cholesterol: 193.27mg (64.42%), Sodium: 438.26mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.96%), Selenium: 17.76µg (25.36%), Phosphorus: 185.91mg (18.59%), Vitamin B2: 0.27mg (16.14%), Calcium: 134.98mg (13.5%), Vitamin B5: 0.96mg (9.65%), Vitamin A: 469.17IU (9.38%), Vitamin B12: 0.55µg (9.1%), Potassium: 309.21mg (8.83%), Iron: 1.49mg (8.27%), Zinc: 1.24mg (8.26%), Vitamin B6: 0.15mg (7.32%), Vitamin C: 5.81mg (7.04%), Folate: 26.56µg (6.64%), Vitamin D: 0.96µg (6.43%), Vitamin B3: 1.22mg (6.1%), Vitamin B1: 0.09mg (6.04%), Manganese: 0.12mg (5.86%), Copper: 0.11mg (5.33%), Magnesium: 16.95mg (4.24%), Fiber: 1.05g (4.22%), Vitamin E: 0.62mg (4.15%)