



Mexican Breakfast Casserole



Gluten Free



Popular

READY IN



70 min.

SERVINGS



12

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 12 eggs
- ☐ 0.3 teaspoon pepper
- ☐ 20 oz hash browns shredded refrigerated cooked
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 1 lb diestel breakfast sausage
- ☐ 1.5 cups salsa thick (from 16-oz jar)
- ☐ 0.5 teaspoon salt

- ☐ 8 oz cheddar cheese shredded
- ☐ 1 oz taco seasoning

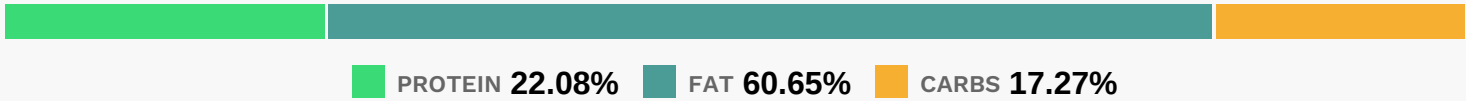
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 350F. Spray 13x9x2-inch (3-quart) baking dish with cooking spray.
- ☐ Place hash brown potatoes and 1 tablespoon of the taco seasoning mix in large bowl; toss to coat potatoes evenly. Pat in baking dish.
- ☐ Spray 10-inch skillet with cooking spray. Cook breakfast sausage and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- ☐ Meanwhile, beat eggs, cheese, milk, salt, pepper and remaining taco seasoning mix in same bowl with whisk until well mixed. Stir in sausage mixture and salsa. Carefully pour over hash browns in baking dish.
- ☐ Bake uncovered about 40 minutes or until eggs are set in center.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:2.75, Inflammation Score:-5, Nutrition Score:12.251739180606%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 313.37kcal (15.67%), Fat: 21.16g (32.56%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 11.74g (4.27%), Sugar: 2.43g (2.7%), Cholesterol: 210.41mg (70.14%), Sodium: 939.79mg (40.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.67%), Selenium: 19.42µg (27.75%), Phosphorus: 264.45mg (26.45%), Vitamin B2: 0.36mg (20.97%), Calcium: 183.52mg (18.35%), Vitamin A: 841.54IU (16.83%), Vitamin B12: 0.94µg (15.68%), Vitamin B6: 0.31mg (15.65%), Zinc: 2.28mg (15.19%), Vitamin B3: 2.98mg (14.92%), Vitamin B1: 0.19mg (12.68%), Vitamin B5: 1.25mg (12.52%), Potassium: 405.46mg (11.58%), Iron: 2mg (11.1%), Vitamin D: 1.54µg (10.27%), Vitamin C: 6.31mg (7.65%), Folate: 29.49µg (7.37%), Fiber: 1.81g (7.26%), Vitamin E: 1.08mg (7.18%), Manganese: 0.14mg (6.81%), Magnesium: 27.1mg (6.77%), Copper: 0.13mg (6.7%), Vitamin K: 2.21µg (2.11%)