



## Mexican Hash Brown Breakfast Cupcakes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

### Ingredients

- 5.2 oz hash browns betty seasoned skillet®
- 1 serving salt and pepper hot for on potato box
- 1 small onion diced red
- 4 oz chilis green chopped canned
- 2 oz cheddar cheese shredded
- 2 eggs beaten
- 1 medium avocado pitted peeled sliced
- 1 cup cream sour
- 1 leaves cilantro leaves fresh

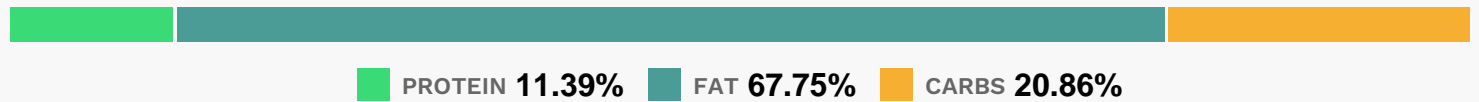
## Equipment

- bowl
- frying pan
- oven
- muffin liners

## Directions

- Heat oven to 375°F. Spray 12 regular-size muffins cups with cooking spray.
- Make potatoes as directed on box, omitting margarine. When done, place in large bowl.
- Using same skillet, cook onion over medium heat until soft, stirring occasionally.
- Add onion, green chiles and cheese to potatoes in bowl. Stir in beaten eggs. Divide mixture evenly among muffin cups, about 1/3 cup each. Press down into cups.
- Bake 25 to 30 minutes or until tops are golden brown and crispy. Cool 5 minutes.
- Serve with avocado, sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:26.17, Glycemic Load:1.93, Inflammation Score:-5, Nutrition Score:8.6517391619475%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

## Nutrients (% of daily need)

Calories: 220.52kcal (11.03%), Fat: 17.19g (26.45%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 8.68g (3.16%), Sugar: 2.39g (2.66%), Cholesterol: 86.63mg (28.88%), Sodium: 210.4mg (9.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13.01%), Vitamin C: 13.58mg (16.45%), Phosphorus: 137.9mg (13.79%), Vitamin B2: 0.23mg (13.59%), Folate: 53.09µg (13.27%), Calcium: 131.37mg (13.14%), Fiber: 3.23g (12.9%), Selenium: 8.95µg (12.79%), Potassium: 356.93mg (10.2%), Vitamin B6: 0.2mg (9.98%), Vitamin A: 497.04IU (9.94%), Vitamin B5: 0.98mg (9.77%), Vitamin K: 8.47µg (8.07%), Vitamin E: 1.07mg (7.15%), Zinc: 0.98mg (6.52%), Vitamin B3: 1.18mg (5.92%), Manganese: 0.12mg (5.86%), Copper: 0.12mg (5.81%), Magnesium: 23.2mg (5.8%), Iron: 1.02mg (5.65%), Vitamin B12: 0.31µg (5.19%), Vitamin B1: 0.07mg (4.87%), Vitamin D: 0.35µg (2.33%)