



Mexican Hash Brown Breakfast Cupcakes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

Ingredients

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

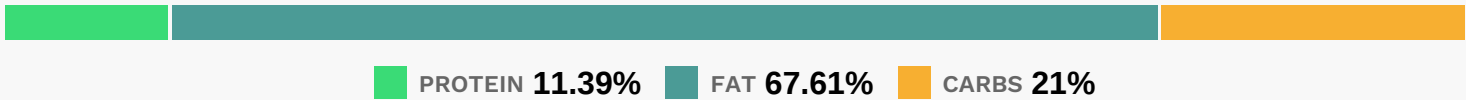
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F. 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:8.7499999792679%

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: 221.01kcal (11.05%), Fat: 17.2g (26.46%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 8.75g (3.18%), Sugar: 2.39g (2.66%), Cholesterol: 86.63mg (28.88%), Sodium: 381.27mg (16.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin C: 14.38mg (17.43%), Phosphorus: 138.16mg (13.82%), Vitamin B2: 0.23mg (13.63%), Folate: 54.36µg (13.59%), Calcium: 132.32mg (13.23%), Fiber: 3.27g (13.07%), Selenium: 8.96µg (12.8%), Potassium: 359.63mg (10.28%), Vitamin B6: 0.2mg (10.12%), Vitamin A: 500.02IU (10%), Vitamin B5: 0.98mg (9.79%), Vitamin K: 8.47µg (8.07%), Vitamin E: 1.07mg (7.15%), Zinc: 0.98mg (6.53%), Vitamin B3: 1.2mg (6%), Manganese: 0.12mg (5.88%), Iron: 1.05mg (5.83%), Magnesium: 23.29mg (5.82%), Copper: 0.12mg (5.81%), Vitamin B12: 0.31µg (5.19%), Vitamin B1: 0.07mg (4.88%), Vitamin D: 0.35µg (2.33%)