

## Onion Potato Pie

 **Gluten Free**

READY IN



**65 min.**

SERVINGS



**8**

CALORIES



**343 kcal**

### Ingredients

- 6 tablespoons butter divided
- 3 eggs lightly beaten
- 8 cups hash browns shredded frozen thawed
- 0.3 cup milk
- 0.3 cup bell pepper sweet red chopped
- 0.8 teaspoon salt divided
- 4 ounces cheddar cheese shredded
- 1 cup onion diced sweet

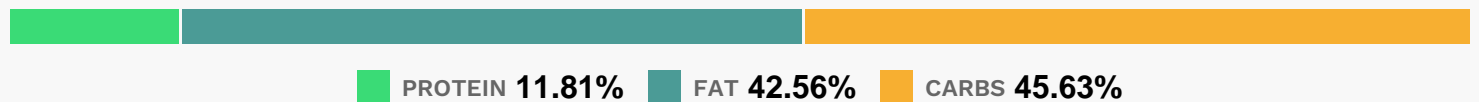
### Equipment

- sauce pan
- oven
- knife

## Directions

- Gently squeeze potatoes to remove excess water. Melt 5 tablespoons butter; add to potatoes along with 1/2 teaspoon salt. Press in bottom and up sides of a greased 9-in. pie plate to form a crust.
- Bake at 425° for 25–30 minutes or until edges are browned. Cool to room temperature.
- In a saucepan over medium heat, saute the onion and red pepper in remaining butter until tender, about 6–8 minutes. Spoon into crust; sprinkle with cheese.
- Combine the eggs, milk and remaining salt; pour over onion mixture.
- Bake at 350° for 20–25 minutes or until a knife inserted near the center comes out clean.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:10.96, Inflammation Score:-6, Nutrition Score:11.956087024316%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

## Nutrients (% of daily need)

Calories: 342.62kcal (17.13%), Fat: 16.56g (25.48%), Saturated Fat: 9.17g (57.31%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 36.73g (13.36%), Sugar: 1.8g (2%), Cholesterol: 99.35mg (33.12%), Sodium: 453.51mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.67%), Vitamin C: 24.14mg (29.26%), Phosphorus: 215.69mg (21.57%), Potassium: 683.62mg (19.53%), Vitamin B3: 3.6mg (18.01%), Manganese: 0.33mg (16.7%), Vitamin B1: 0.23mg (15.42%), Calcium: 149.94mg (14.99%), Selenium: 10.11µg (14.44%), Iron: 2.45mg (13.59%), Vitamin B6: 0.27mg (13.33%), Vitamin A: 655.98IU (13.12%), Fiber: 3.22g (12.87%), Copper: 0.24mg (11.84%), Vitamin

B2: 0.19mg (11.35%), Vitamin B5: 1.07mg (10.74%), Zinc: 1.26mg (8.42%), Magnesium: 32.7mg (8.18%), Folate: 26.19µg (6.55%), Vitamin B12: 0.37µg (6.16%), Vitamin E: 0.61mg (4.04%), Vitamin D: 0.53µg (3.51%), Vitamin K: 1.44µg (1.37%)