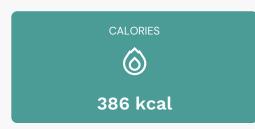


Overnight Tex-Mex Egg Bake

Gluten Free







LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

12 oz pork sausage
4.5 ounces chilis green undrained chopped canned
12 oz monterrey jack cheese shredded
6 eggs
5 cups hash browns frozen southern-style (from 32-oz bag)
1.5 cups milk
1 cup salsa thick
0.3 teaspoon salt

Equipment		
	bowl	
	frying pan	
	paper towels	
	oven	
	knife	
	whisk	
	baking pan	
	glass baking pan	
Di	rections	
	Spray 13x9-inch glass baking dish with cooking spray. In 10-inch skillet, cook sausage over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink.	
	Drain on paper towel.	
	Spread frozen potatoes in baking dish.	
	Sprinkle with sausage, green chiles and 11/2 cups of the cheese. In medium bowl, beat eggs, milk and salt with fork or wire whisk until well blended.	
	Pour over potato mixture.	
	Sprinkle with remaining 11/2 cups cheese. Cover and refrigerate at least 8 hours but no longe than 12 hours.	
	Heat oven to 350F.	
	Bake uncovered 50 to 60 minutes or until knife inserted near center comes out clean.	
	Let stand 10 minutes.	
	Cut into squares.	
	Serve with salsa.	
Nutrition Facts		
	PROTEIN 21 23% FAT 55 01% CARBS 23 76%	

Properties

Glycemic Index:12.4, Glycemic Load:6.02, Inflammation Score:-5, Nutrition Score:14.382608652115%

Nutrients (% of daily need)

Calories: 386.34kcal (19.32%), Fat: 23.75g (36.54%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 20.92g (7.61%), Sugar: 3.02g (3.35%), Cholesterol: 157.37mg (52.46%), Sodium: 774.32mg (33.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 20.62g (41.25%), Phosphorus: 345.28mg (34.53%), Calcium: 339.06mg (33.91%), Vitamin B2: 0.37mg (21.89%), Selenium: 14.32µg (20.46%), Vitamin B3: 3.81mg (19.04%), Vitamin B6: 0.35mg (17.53%), Zinc: 2.53mg (16.89%), Vitamin B12: 1µg (16.74%), Potassium: 584.01mg (16.69%), Vitamin C: 13.71mg (16.61%), Vitamin B1: 0.24mg (16.13%), Iron: 2.39mg (13.29%), Vitamin A: 629.85IU (12.6%), Vitamin B5: 1.24mg (12.43%), Vitamin D: 1.58µg (10.51%), Manganese: 0.2mg (9.86%), Magnesium: 37.47mg (9.37%), Copper: 0.17mg (8.68%), Fiber: 2.15g (8.62%), Folate: 31µg (7.75%), Vitamin E: 0.77mg (5.11%), Vitamin K: 2.27µg (2.16%)