



## Queen's Puff

READY IN



50 min.

SERVINGS



8

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 ounces baby spinach leaves
- ☐ 1 teaspoon double-acting baking powder
- ☐ 12 large eggs
- ☐ 0.3 cup flour
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 cups potatoes mashed
- ☐ 12 ounces breakfast sausage links

- ☐ 1 cup cheddar cheese shredded
- ☐ 2 tbsp vegetable oil divided

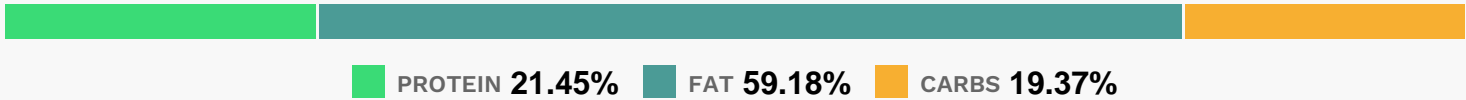
## Equipment

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

## Directions

- ☐ Heat oven to 375 with a rack in the upper third of the oven. Oil a 9- by 13-in. baking dish with 1 tbsp. oil. Drop 1/2-cup scoops of mashed potatoes into dish, spaced about 2 in. apart.
- ☐ Heat remaining 1 tbsp. oil in a large frying pan over high heat. Cook sausage, turning often, until golden brown, about 5 minutes. Scatter cooked sausage in pan, laying over and between potato mounds.
- ☐ Add spinach to frying pan and wilt, stirring occasionally, about 1 minute.
- ☐ Sprinkle spinach over sausage.
- ☐ Whisk eggs together in a large bowl until broken up.
- ☐ Whisk in flour, baking powder, salt, thyme, and onions.
- ☐ Pour mixture over sausage and potatoes.
- ☐ Sprinkle cheese on top.
- ☐ Bake until potatoes are bubbling, 20 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:51.84, Glycemic Load:13.32, Inflammation Score:-9, Nutrition Score:24.060434963392%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 409.65kcal (20.48%), Fat: 26.82g (41.26%), Saturated Fat: 9.36g (58.51%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 17.33g (6.3%), Sugar: 1.1g (1.22%), Cholesterol: 323.74mg (107.91%), Sodium: 759.72mg (33.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Vitamin K: 100.55µg (95.76%), Vitamin A: 2296.37IU (45.93%), Selenium: 29.22µg (41.75%), Phosphorus: 342.44mg (34.24%), Vitamin B2: 0.55mg (32.13%), Vitamin B6: 0.54mg (27.01%), Vitamin C: 22.18mg (26.88%), Folate: 97.37µg (24.34%), Calcium: 207.25mg (20.73%), Vitamin B12: 1.18µg (19.64%), Potassium: 667.63mg (19.08%), Zinc: 2.79mg (18.6%), Iron: 3.33mg (18.52%), Vitamin B1: 0.27mg (18.05%), Manganese: 0.35mg (17.68%), Vitamin B5: 1.77mg (17.65%), Vitamin B3: 3.35mg (16.77%), Vitamin D: 2.14µg (14.25%), Magnesium: 53.59mg (13.4%), Vitamin E: 1.64mg (10.93%), Copper: 0.21mg (10.39%), Fiber: 2.42g (9.66%)