



Rösti Casserole with Baked Eggs

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter melted
- ☐ 8 large eggs
- ☐ 1.3 cups yogurt fat-free greek-style
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 5 ounces gruyère cheese shredded
- ☐ 30 ounce hash brown potatoes shredded frozen thawed (such as Ore-Ida)
- ☐ 0.3 teaspoon nutmeg whole grated

- ☐ 1.3 teaspoons salt
- ☐ 1.5 cups turnip grated peeled (8 ounces, 2 small)

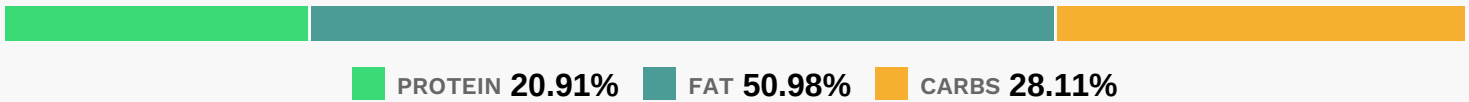
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Combine yogurt and flour in a large bowl, stirring well.
- ☐ Add turnip, Gruyre cheese, butter, chives, 1 1/4 teaspoons salt, black pepper, nutmeg, and potatoes to yogurt mixture.
- ☐ Spread potato mixture evenly into a 13 x 9inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 30 minutes or until bubbly.
- ☐ Remove from oven. With the back of a spoon, make 8 indentations in top of potato mixture. Crack 1 egg into each of 8 indentations. Return dish to oven.
- ☐ Bake at 400 for 8 minutes or until egg whites are firm and yolks barely move when pan is touched.
- ☐ Cut into 8 pieces.
- ☐ Garnish with additional chives and black pepper, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:7.28, Inflammation Score:-5, Nutrition Score:13.5199999908364%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 333.4kcal (16.67%), Fat: 19g (29.23%), Saturated Fat: 10.01g (62.55%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 21.51g (7.82%), Sugar: 2.25g (2.5%), Cholesterol: 227.39mg (75.8%), Sodium: 672.76mg (29.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.08%), Selenium: 22.25µg (31.79%), Phosphorus: 310.59mg (31.06%), Calcium: 264.18mg (26.42%), Vitamin B2: 0.4mg (23.65%), Vitamin C: 14.56mg (17.65%), Vitamin B12: 0.96µg (16.06%), Vitamin A: 730.74IU (14.61%), Potassium: 486.89mg (13.91%), Vitamin B5: 1.39mg (13.86%), Manganese: 0.24mg (12.19%), Zinc: 1.82mg (12.15%), Iron: 2.17mg (12.04%), Vitamin B6: 0.24mg (11.85%), Vitamin B1: 0.17mg (11.13%), Vitamin B3: 2.11mg (10.57%), Folate: 40.46µg (10.12%), Copper: 0.18mg (9.01%), Fiber: 2.05g (8.21%), Magnesium: 31.66mg (7.91%), Vitamin D: 1.11µg (7.38%), Vitamin E: 0.81mg (5.4%), Vitamin K: 4.19µg (3.99%)