



Sausage, Cherry Tomato, and Hash Brown Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



374 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 20 cherry tomatoes halved
- 0.5 cup less-sodium chicken broth fat-free
- 0.5 cup basil fresh thinly sliced
- 2 garlic cloves minced
- 7 cups hash brown potatoes shredded frozen thawed
- 1 cup onion chopped

- 2 tablespoons parmesan cheese fresh grated
- 4 ounces part-skim mozzarella cheese shredded
- 8 ounces 0%-less-fat pork sausage
- 0.3 teaspoon salt
- 1 tablespoon tomato paste
- 0.5 cup water

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan

Directions

- Preheat oven to 35
- Combine first 3 ingredients in a large skillet over medium heat; cook 8 minutes or until browned, stirring to crumble sausage. Stir in 1/2 cup water, tomato paste, salt, and 1/4 teaspoon black pepper. Spoon mixture into a large bowl.
- Add potatoes and mozzarella; toss well. Spoon potato mixture into an 11 x 7-inch baking dish coated with cooking spray. Set aside. Wipe pan dry with a paper towel.
- Place pan over medium-high heat. Lightly coat pan with cooking spray.
- Add tomatoes to pan; cook 3 minutes or just until heated. Arrange tomatoes in an even layer over potato mixture.
- Drizzle with broth; sprinkle with remaining 1/2 teaspoon pepper. Cover and bake at 350 for 30 minutes. Uncover; sprinkle evenly with basil and Parmesan.
- Bake an additional 15 minutes or until lightly browned.

Nutrition Facts



■ PROTEIN 7.24% ■ FAT 61.19% ■ CARBS 31.57%

Properties

Glycemic Index:26.2, Glycemic Load:7.97, Inflammation Score:-4, Nutrition Score:8.8608695942423%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 373.67kcal (18.68%), Fat: 25.75g (39.62%), Saturated Fat: 10.46g (65.36%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 27.19g (9.89%), Sugar: 1.88g (2.09%), Cholesterol: 29.48mg (9.83%), Sodium: 240.9mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Vitamin C: 21.74mg (26.36%), Manganese: 0.32mg (16.07%), Potassium: 554.46mg (15.84%), Phosphorus: 147.1mg (14.71%), Vitamin B3: 2.79mg (13.95%), Calcium: 127.93mg (12.79%), Vitamin B1: 0.17mg (11.21%), Fiber: 2.7g (10.81%), Iron: 1.87mg (10.36%), Copper: 0.2mg (9.94%), Vitamin B6: 0.2mg (9.88%), Magnesium: 25.96mg (6.49%), Vitamin A: 317.51IU (6.35%), Vitamin K: 6.63µg (6.32%), Vitamin B5: 0.58mg (5.76%), Zinc: 0.78mg (5.21%), Vitamin B2: 0.08mg (4.51%), Selenium: 3.03µg (4.32%), Vitamin D: 0.61µg (4.04%), Folate: 15.6µg (3.9%), Vitamin E: 0.43mg (2.85%), Vitamin B12: 0.13µg (2.13%)