



Sausage Hash Brown Bake

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.3 cup bell pepper diced green
- ☐ 16 ounce hash brown potatoes frozen thawed
- ☐ 0.3 cup onion diced
- ☐ 8 ounce gorgonzola dip french
- ☐ 0.3 cup bell pepper diced red
- ☐ 2 cups cheddar cheese shredded divided

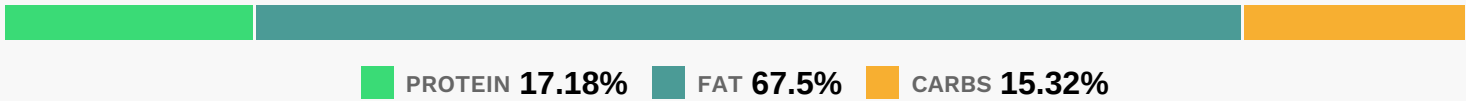
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Crumble pork sausage into a large skillet over medium-high heat; cook and stir until no longer pink, 7 to 10 minutes.
- ☐ Drain and discard any excess grease. Return skillet to heat; add cream of chicken soup, French onion dip, green bell pepper, red bell pepper, and onion. Fold hash brown potatoes and 1 cup Cheddar cheese into the mixture; bring to a simmer.
- ☐ Transfer sausage mixture to a 9x11-inch casserole dish; top with 1 cup Cheddar cheese. Cover dish with aluminum foil.
- ☐ Bake in preheated oven for 30 minutes.
- ☐ Remove foil and continue baking until beginning to brown around the edges, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:4.4, Inflammation Score:-5, Nutrition Score:10.995217312937%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 429.24kcal (21.46%), Fat: 31.95g (49.15%), Saturated Fat: 13.52g (84.49%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 15.26g (5.55%), Sugar: 2.71g (3.01%), Cholesterol: 72.12mg (24.04%), Sodium: 986.43mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.6%), Calcium: 255.57mg (25.56%), Phosphorus: 247.98mg (24.8%), Vitamin B3: 3.85mg (19.24%), Vitamin C: 15.16mg (18.37%), Zinc: 2.52mg (16.82%), Vitamin B1: 0.23mg (15.44%), Vitamin B6: 0.27mg (13.61%), Vitamin B2: 0.23mg (13.28%), Vitamin B12: 0.78µg (13.02%), Selenium: 8.92µg (12.74%), Vitamin A: 558.04IU (11.16%), Potassium: 367.9mg (10.51%), Iron: 1.68mg (9.34%), Copper: 0.16mg (7.87%), Vitamin B5: 0.78mg (7.79%), Manganese: 0.13mg (6.58%), Magnesium: 24.85mg (6.21%), Vitamin D: 0.91µg (6.04%), Fiber: 1.06g (4.22%), Vitamin E: 0.62mg (4.11%), Folate: 13.09µg (3.27%), Vitamin K: 3.06µg (2.91%)