



Slow-Cooker Hashbrown Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 eggs beaten
- ☐ 1 bell pepper diced green
- ☐ 1 pound sausage meat drained
- ☐ 32 oz hash browns shredded frozen
- ☐ 1 cup milk
- ☐ 1 onion diced
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

☐ 1.5 cup cheddar cheese shredded

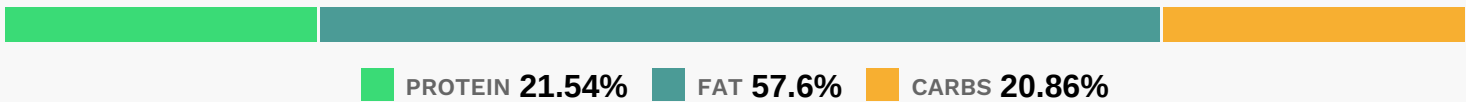
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place 1/3 each of hashbrowns, sausage, onion, green pepper and cheese in a lightly greased slow cooker. Repeat layering 2 more times, ending with cheese.
- ☐ Beat eggs, milk, salt and pepper together in a large bowl; pour over top.
- ☐ Cover and cook on low setting for 10 hours.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:6.78, Inflammation Score:-5, Nutrition Score:18.589565246002%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 473.58kcal (23.68%), Fat: 30.25g (46.54%), Saturated Fat: 11.89g (74.32%), Carbohydrates: 24.65g (8.21%), Net Carbohydrates: 22.51g (8.18%), Sugar: 2.72g (3.03%), Cholesterol: 311.19mg (103.73%), Sodium: 921.16mg (40.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.45g (50.9%), Phosphorus: 395.72mg (39.57%), Selenium: 27.26µg (38.94%), Vitamin B2: 0.53mg (31.21%), Vitamin C: 22.67mg (27.48%), Calcium: 246.65mg (24.67%), Vitamin B12: 1.46µg (24.31%), Vitamin B3: 4.74mg (23.68%), Vitamin B6: 0.47mg (23.41%), Vitamin B1: 0.33mg (22.04%), Zinc: 3.27mg (21.79%), Vitamin B5: 1.99mg (19.95%), Potassium: 666.43mg (19.04%), Iron: 3.04mg (16.87%), Vitamin D: 2.52µg (16.8%), Vitamin A: 717.31IU (14.35%), Manganese: 0.26mg (12.94%), Folate: 44.71µg (11.18%), Copper: 0.22mg (11.16%), Magnesium: 41.01mg (10.25%), Fiber: 2.14g (8.55%), Vitamin E: 1.04mg (6.9%), Vitamin K: 2.59µg (2.47%)