



Smoked Salmon Breakfast Bake

 Gluten Free

READY IN



310 min.

SERVINGS



12

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 10.4 oz hash browns betty seasoned skillets®
- 8 oz cream cheese cut into 1/2-inch cubes
- 6 oz salmon smoked flaked
- 1 tablespoon dehydrated onion dried chopped
- 0.5 teaspoon pepper
- 3 cups milk
- 4 eggs
- 4 oz pepper jack cheese shredded

- 0.5 cup spring onion chopped (green part only)
- 1 cup frangelico

Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- aluminum foil

Directions

- Spray 13x9-inch (3-quart) baking dish with cooking spray.
- Sprinkle 1 box potatoes in baking dish.
- Place half of the cream cheese cubes and the salmon pieces over potatoes.
- Sprinkle with dried onion. Top with remaining box of potatoes and cream cheese.
- In large bowl, beat Bisquick mix, pepper, milk and eggs with whisk or fork until blended.
- Pour over mixture in baking dish.
- Sprinkle with shredded cheese. Cover with foil; refrigerate at least 4 hours but no longer than 24 hours.
- Heat oven to 375°F.
- Bake uncovered 32 to 38 minutes or until golden brown and knife inserted in center comes out clean.
- Sprinkle with green onions.
- Let stand 10 minutes before serving.

Nutrition Facts



PROTEIN 21.08% **FAT 60.68%** **CARBS 18.24%**

Properties

Glycemic Index:15.58, Glycemic Load:2.7, Inflammation Score:-4, Nutrition Score:8.8043477846229%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 198.7kcal (9.93%), Fat: 13.49g (20.75%), Saturated Fat: 7.39g (46.19%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.61g (3.13%), Sugar: 4g (4.44%), Cholesterol: 92.64mg (30.88%), Sodium: 277.36mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.09%), Vitamin D: 3.44µg (22.97%), Selenium: 13.37µg (19.11%), Phosphorus: 190.56mg (19.06%), Calcium: 180.53mg (18.05%), Vitamin B12: 1.04µg (17.37%), Vitamin B2: 0.25mg (14.89%), Vitamin A: 558.92IU (11.18%), Vitamin K: 9.65µg (9.19%), Vitamin B5: 0.79mg (7.93%), Vitamin B6: 0.15mg (7.52%), Potassium: 258.54mg (7.39%), Zinc: 0.94mg (6.25%), Vitamin B3: 1.21mg (6.03%), Vitamin B1: 0.08mg (5.16%), Magnesium: 19.95mg (4.99%), Iron: 0.78mg (4.35%), Copper: 0.08mg (4.04%), Vitamin E: 0.59mg (3.92%), Vitamin C: 3.11mg (3.77%), Folate: 14.93µg (3.73%), Manganese: 0.07mg (3.55%), Fiber: 0.51g (2.05%)