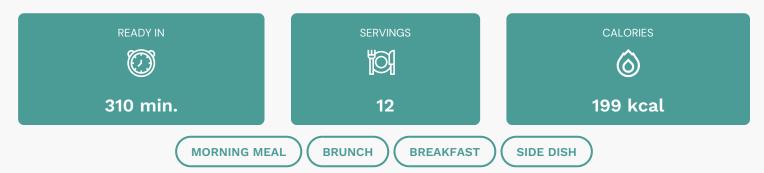


Smoked Salmon Breakfast Bake





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



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: Og (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%)