



South of the Border Hash Brown Bake

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



189 kcal

SIDE DISH

Ingredients

- 15 ounce black beans rinsed drained canned
- 11 ounce corn niblets drained canned
- 2 cups egg whites allwhites®
- 3 tablespoons cilantro leaves fresh chopped
- 20 ounce hash browns shredded simply potatoes®
- 0.5 cup milk
- 2 cups monterrey jack cheese shredded crystal farms®
- 0.5 cup bell pepper red chopped

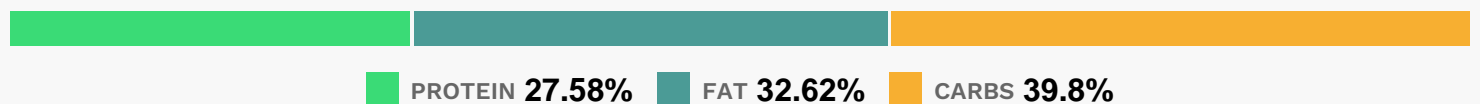
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350 degrees F. Spray 13x9-inch glass baking dish with nonstick cooking spray. In large bowl combine AllWhites and milk; mix well.
- Add Simply Potatoes hash browns, black beans, corn, red pepper and 1 cup cheese. Stir to mix well.
- Pour into prepared baking dish.
- Bake for 40 to 45 minutes or until center is set and edges are browned.
- Sprinkle top with remaining 1 cup cheese. Continue baking for 3 to 5 minutes or until cheese is melted.
- Sprinkle with cilantro.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:2.68, Inflammation Score:-4, Nutrition Score:8.5521740187769%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 189.27kcal (9.46%), Fat: 6.89g (10.6%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 15.66g (5.69%), Sugar: 1.13g (1.26%), Cholesterol: 17.98mg (5.99%), Sodium: 373.22mg (16.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Vitamin B2: 0.32mg (19.04%), Calcium: 173.99mg

(17.4%), Phosphorus: 172.76mg (17.28%), Selenium: 11.63µg (16.62%), Vitamin C: 13.25mg (16.06%), Fiber: 3.24g (12.96%), Potassium: 384.09mg (10.97%), Folate: 38.97µg (9.74%), Manganese: 0.18mg (9.02%), Magnesium: 31.99mg (8%), Iron: 1.39mg (7.72%), Vitamin B1: 0.11mg (7.53%), Vitamin A: 363.85IU (7.28%), Copper: 0.14mg (6.98%), Vitamin B3: 1.34mg (6.71%), Zinc: 1mg (6.65%), Vitamin B6: 0.1mg (5.1%), Vitamin B12: 0.25µg (4.13%), Vitamin B5: 0.39mg (3.92%), Vitamin D: 0.22µg (1.5%), Vitamin K: 1.12µg (1.06%), Vitamin E: 0.15mg (1.03%)