



 13%
HEALTH SCORE

Sweet Potato Hashbrown Breakfast Bake

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 4 eggs
- 4 cloves garlic minced
- 0.3 Cup spring onion chopped
- 4 servings kosher salt fresh
- 4 tablespoons olive oil
- 1 bell pepper red chopped
- 0.5 onion red chopped
- 0.3 Cup sharp cheddar cheese shredded english (like an Cheddar)

- 2 sweet potatoes and into peeled chopped

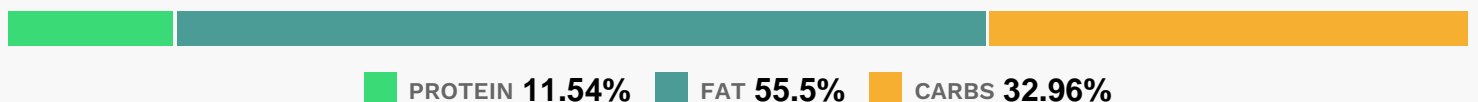
Equipment

- frying pan
- baking sheet
- oven
- ramekin

Directions

- Preheat oven to 35
- Peel and chop sweet potatoes into 1 inch cubes.
- Spread peeled/cubed sweet potatoes out over a half sheet rimmed baking sheet. Coat with 2 tbs of olive oil and sprinkle of salt and pepper.
- Bake for 30–35 minutes until fork tender and browned. Meanwhile, heat 2 tbs olive oil in a large skillet over medium–high heat.
- Add the red onions, bell peppers, green onions and garlic and saute until tender and lightly golden about 5–6 minutes. Season with salt and pepper to taste. Portion out sweet potato hashbrown cubes between ramekins. Make a nest indentation in the top of each ramekin filled with hashbrowns.
- Sprinkle grated sharp cheddar over the top of each ramekin. Crack an egg over each nested out spot.
- Bake at 425 for 5–6 minutes. If the hashbrowns have been refrigerated, bake until each yolk is set and white has turned white!

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:12.3, Inflammation Score:-10, Nutrition Score:19.706956521739%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Taste

Sweetness: 56.47%, Saltiness: 69.85%, Sourness: 9.45%, Bitterness: 5.08%, Savoriness: 39.94%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 332.38kcal (16.62%), Fat: 20.77g (31.96%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 23.28g (8.47%), Sugar: 6.92g (7.69%), Cholesterol: 170.74mg (56.91%), Sodium: 368.14mg (16.01%), Protein: 9.71g (19.43%), Vitamin A: 17334.01IU (346.68%), Vitamin C: 43.92mg (53.24%), Vitamin K: 25.26µg (24.06%), Selenium: 16.75µg (23.92%), Vitamin B6: 0.46mg (23%), Vitamin E: 3.33mg (22.23%), Manganese: 0.42mg (20.81%), Vitamin B2: 0.34mg (19.91%), Phosphorus: 191.2mg (19.12%), Fiber: 4.47g (17.9%), Vitamin B5: 1.74mg (17.41%), Potassium: 559.28mg (15.98%), Folate: 54.98µg (13.75%), Calcium: 123.91mg (12.39%), Copper: 0.23mg (11.47%), Magnesium: 42.39mg (10.6%), Iron: 1.85mg (10.28%), Vitamin B1: 0.14mg (9.31%), Zinc: 1.32mg (8.82%), Vitamin B12: 0.47µg (7.77%), Vitamin D: 0.92µg (6.15%), Vitamin B3: 1.03mg (5.14%)