



Tex-Mex Hash Brown Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado chopped
- ☐ 3 pounds baking potatoes shredded peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons canola oil divided
- ☐ 4 ounces chorizo
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup enchilada sauce
- ☐ 0.3 cup cilantro leaves fresh

- ☐ 3 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 6 radishes thinly sliced
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 0.3 cup onion white chopped
- ☐ 0.3 cup onion white grated

Equipment

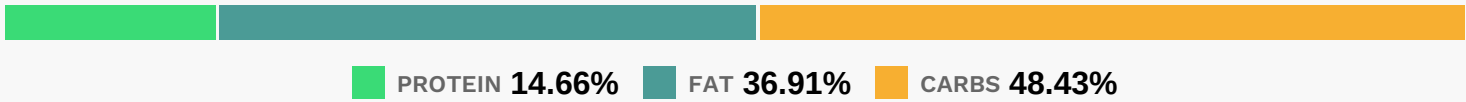
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat a 10-inch cast-iron skillet over medium-high heat.
- ☐ Add 1 teaspoon canola oil to pan, and swirl to coat.
- ☐ Remove the casings from chorizo.
- ☐ Add chorizo to pan; saut for 3 minutes, stirring to crumble.
- ☐ Add garlic, and saut for 30 seconds.
- ☐ Remove sausage mixture from pan.
- ☐ Combine the sausage mixture and enchilada sauce.
- ☐ Add remaining 3 teaspoons oil to pan; swirl to coat.
- ☐ Combine grated onion, salt, pepper, potato, and egg; toss.
- ☐ Add potato mixture to pan, pressing gently; cook for 10 minutes (do not stir).
- ☐ Spread enchilada sauce mixture evenly over potato mixture; sprinkle evenly with cheese.
- ☐ Bake at 450 for 20 minutes.
- ☐ Remove from oven; let stand for 10 minutes.
- ☐ Cut into 6 wedges.
- ☐ Combine avocado and juice; toss gently. Stir in cilantro and remaining ingredients.

Serve cilantro mixture with casserole.

Nutrition Facts



Properties

Glycemic Index:59.96, Glycemic Load:32.96, Inflammation Score:-6, Nutrition Score:15.356521922609%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 391.71kcal (19.59%), Fat: 16.33g (25.12%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 43.31g (15.75%), Sugar: 5.04g (5.6%), Cholesterol: 61.71mg (20.57%), Sodium: 594.33mg (25.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Vitamin B6: 0.88mg (44.2%), Potassium: 1077.46mg (30.78%), Phosphorus: 242.59mg (24.26%), Manganese: 0.45mg (22.52%), Vitamin C: 17.85mg (21.64%), Fiber: 4.89g (19.56%), Calcium: 177.88mg (17.79%), Magnesium: 64.76mg (16.19%), Iron: 2.9mg (16.12%), Vitamin B1: 0.21mg (14.31%), Copper: 0.29mg (14.31%), Folate: 54.45µg (13.61%), Vitamin B3: 2.63mg (13.15%), Selenium: 9.19µg (13.14%), Vitamin B2: 0.22mg (13.03%), Vitamin A: 635.89IU (12.72%), Vitamin B5: 1.1mg (11.05%), Vitamin K: 11.57µg (11.02%), Zinc: 1.6mg (10.67%), Vitamin E: 1mg (6.68%), Vitamin B12: 0.27µg (4.58%), Vitamin D: 0.28µg (1.87%)