

Egg, Broccoli, Potato, and Cheese Bake

6 oz Cheddar Cheese

1 package (12oz) Frozen Hash Browns unprepared

12 Large Eggs

3 cups chopped or diced Broccoli.

Mix the eggs, hashbrowns, and broccoli all together in a bowl.

Spread evenly into a 9x 12 pyrex dish.

Sprinkle cheese on top. Bake for 45 mins at 375. Let cool. Enjoy.



Nutrition Facts

Servings 8.0

Amount Per Serving

calories 240

% Daily Value *

Total Fat 15 g 23 %

Saturated Fat 7 g 33 %

Monounsaturated Fat 4 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 300 mg 100 %

Sodium 266 mg 11 %

Potassium 345 mg 10 %

Total Carbohydrate 11 g 4 %

Dietary Fiber 1 g 6 %

Sugars 1 g

Protein 16 g 32 %

Vitamin A 0 %

Vitamin C 55 %

Calcium 21 %

Iron 11 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.