

Hash Brown Cups

50 Things to Make in a Muffin Pan
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*1 pound Yukon Gold potatoes,
shredded*
4 tablespoons butter, melted
1/2 teaspoon Kosher salt
pepper (to taste)
scrambled eggs

Preheat the oven to 400 degrees.

Spray twelve muffin cups with cooking spray.

In a bowl, toss the shredded potatoes, butter, salt and pepper.

Press the mixture into a cup shape in the muffin cups.

Bake until browned and crisp, 45 to 50 minutes.

In a skillet, scramble eggs. Place the eggs in the muffin cups.

Serve.

Per Serving (excluding unknown items): 780 Calories; 46g Fat (53.1% calories from fat); 11g Protein; 80g Carbohydrate; 5g Dietary Fiber; 124mg Cholesterol; 1435mg Sodium. Exchanges: 9 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	780	Vitamin B6 (mg):	0mg
% Calories from Fat:	53.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	41.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	46g	Folacin (mcg):	2mcg
Saturated Fat (g):	29g	Niacin (mg):	trace
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

Cholesterol (mg):	124mg
Carbohydrate (g):	80g
Dietary Fiber (g):	5g
Protein (g):	11g
Sodium (mg):	1435mg
Potassium (mg):	15mg
Calcium (mg):	14mg
Iron (mg):	4mg
Zinc (mg):	trace
Vitamin C (mg):	96mg
Vitamin A (i.u.):	1734IU
Vitamin A (r.e.):	429RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 780 Calories from Fat: 415

% Daily Values*

Total Fat 46g	71%
Saturated Fat 29g	143%
Cholesterol 124mg	41%
Sodium 1435mg	60%
Total Carbohydrates 80g	27%
Dietary Fiber 5g	21%
Protein 11g	
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Vitamin A	35%
Vitamin C	160%
Calcium	1%
Iron	22%

* Percent Daily Values are based on a 2000 calorie diet.