

Hashed Brown Quiche

*The Dairy Hollow House - Eureka Springs, AR
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*2 tablespoons vegetable oil
1 onion, finely chopped
5 unpeeled potatoes, grated
3 eggs
1 1/2 cups heavy cream OR one
12-ounce can evaporated milk
1/2 teaspoon soy sauce
1/2 teaspoon dry mustard
freshly ground pepper
1 cup sharp Cheddar cheese, grated
3 tablespoons fresh parsley, chopped
paprika
grated Parmesan cheese
sliced tomato (for garnish)
parsley sprigs (for garnish)*

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Preheat the oven to 350 degrees.

In a cast-iron skillet, heat the vegetable oil. Saute' the onion. When the onion is translucent, add the grated potatoes. Cover the skillet with a lid. Cook over low heat until the potatoes are translucent and slightly browned, about 6 minutes.

In a food processor or blender, place the eggs, cream, soy sauce, mustard and pepper. Blend until smooth.

When the potatoes are done, remove from the heat. Press the cooked potatoes to the bottom and edges of the skillet with the back of a wooden spoon, shaping into a crust. Pour the egg and cheese mixture into the crust. Sprinkle with the Cheddar cheese, parsley, paprika and Parmesan cheese.

Bake for 35 to 40 minutes or until the filling is set, the potato crust browned and the cheese bubbly.

Cut into wedges and serve. Garnish each plate with a slice of tomato and a sprig of parsley..

If the grated potatoes are to sit for any length of time, place in a bowl and cover with cold water. Drain and squeeze dry before proceeding with the recipe.

Per Serving (excluding unknown items): 162 Calories; 13g Fat (74.3% calories from fat); 8g Protein; 2g Carbohydrate; trace Dietary Fiber; 126mg Cholesterol; 182mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	162	Vitamin B6 (mg):	.1mg
% Calories from Fat:	74.3%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	5.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	20.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	22mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	126mg	% Deficient:	n.n%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	8g	Lean Meat:	1
Sodium (mg):	182mg	Vegetable:	1/2
Potassium (mg):	93mg	Fruit:	0
Calcium (mg):	156mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	420IU		
Vitamin A (r.e.):	105RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 162 **Calories from Fat:** 120

		% Daily Values*
Total Fat	13g	21%
Saturated Fat	5g	26%
Cholesterol	126mg	42%
Sodium	182mg	8%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	8g	
Vitamin A		8%
Vitamin C		6%
Calcium		16%
Iron		4%

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