# Cheesy Hash Brown Cups II

*50 Things to Make in a Muffin Pan*
*Food Network Magazine - March 2016*

*1 pound Yukon Gold potatoes, shredded*
*4 tablespoons butter, melted*
*1/2 teaspoon Kosher salt*
*pepper (to taste)*
*1 cup sharp cheddar cheese, grated*
*pinch paprika*
*scrambled eggs*

Preheat the oven to 400 degrees.

Spray twelve muffin cups with cooking spray.

In a bowl, toss the shredded potatoes, butter, cheese, paprika, 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): 1237 Calories; 84g Fat (60.8% calories from fat); 39g Protein; 82g Carbohydrate; 5g Dietary Fiber; 243mg Cholesterol; 2139mg Sodium.  Exchanges: 4 Lean Meat; 14 Fat.

Breakfast

## Per Serving Nutritional Analysis

| | | | |
|---|---|---|---|
| **Calories (kcal):** | 1237 | **Vitamin B6 (mg):** | .1mg |
| **% Calories from Fat:** | 60.8% | **Vitamin B12 (mcg):** | 1.0mcg |
| **% Calories from Carbohydrates:** | 26.4% | **Thiamin B1 (mg):** | trace |
| **% Calories from Protein:** | 12.7% | **Riboflavin B2 (mg):** | .4mg |
| **Total Fat (g):** | 84g | **Folacin (mcg):** | 22mcg |
| **Saturated Fat (g):** | 53g | **Niacin (mg):** | trace |
| **Monounsaturated Fat (g):** | 24g | **Caffeine (mg):** | 0mg |
| **Polyunsaturated Fat (g):** | 3g | **Alcohol (kcal):** | 0 |

| | | | |
|---|---|---|---|
| **Cholesterol (mg):** | 243mg | **% Refuse:** | 0.0% |
| **Carbohydrate (g):** | 82g | | |

## Food Exchanges

| | | | |
|---|---|---|---|
| **Cholesterol (mg):** | 243mg | | |
| **Carbohydrate (g):** | 82g | | |
| **Dietary Fiber (g):** | 5g | **Grain (Starch):** | 0 |
| **Protein (g):** | 39g | **Lean Meat:** | 4 |
| **Sodium (mg):** | 2139mg | **Vegetable:** | 0 |
| **Potassium (mg):** | 126mg | **Fruit:** | 0 |
| **Calcium (mg):** | 832mg | **Non-Fat Milk:** | 0 |
| **Iron (mg):** | 5mg | **Fat:** | 14 |
| **Zinc (mg):** | 4mg | **Other Carbohydrates:** | 0 |
| **Vitamin C (mg):** | 96mg | | |
| **Vitamin A (i.u.):** | 2935IU | | |
| **Vitamin A (r.e.):** | 790RE | | |

# Nutrition Facts

**Amount Per Serving**

| **Calories** | 1237 | Calories from Fat: 753 |
|---|---|---|

| | **% Daily Values*** |
|---|---|
| **Total Fat**    84g | 129% |
| Saturated Fat    53g | 263% |
| **Cholesterol**    243mg | 81% |
| **Sodium**    2139mg | 89% |
| **Total Carbohydrates**    82g | 27% |
| Dietary Fiber    5g | 21% |
| **Protein**    39g | |

| | |
|---|---|
| **Vitamin A** | 59% |
| **Vitamin C** | 160% |
| **Calcium** | 83% |
| **Iron** | 26% |

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