Cheesy Hash Brown Cups

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Servings: 12

3 cups Simply Potatoes shredded hash browns

1/4 cup butter or margarine, melted 1/4 teaspoon salt

1/2 pound ground Italian sausage 1/2 cup mushrooms, finely chopped 1/4 cup red bell pepper, finely chopped

2 cups (16 ounces) Allwhites egg substitute

1/2 teaspoon dried Italian seasoning 1/2 cup cheddar cheese, finely shredded

Preparation Time: 25 minutes

Preheat the oven to 400 degrees.

Grease a twelve-cup regular muffin cup pan and set aside.

In a medium bowl, combine the potatoes, butter and salt; mix well. Press about 1/4 cup of the potato mixture into each muffin cup. lining the bottom and the sides.

bake for 12 to 15 minutes or until the edges are golden brown.

Meanwhile, brown the Italian sausage in a teninch skillet; drain the grease. Add the mushrooms and red bell pepper. Cook, stirring occasionally, until the vegetables are tender. Fill each baked hash brown cup equally with the sausage mixture.

In a small bowl, combine the eggwhitea and the Italian seasoning; mix well. Pour over the sausage mixture, filling each muffin cup equally. Sprinkle with cheese.

Bake for 12 to 14 minutes or until a toothpick inserted in the center of a cup comes out clean.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 55 Calories; 5g Fat (87.6% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 113mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat.

Appetizers

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Calories (kcal):	55	Vitamin B6 (mg):	trace
% Calories from Fat:	87.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	2mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (q):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	15mg		
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	113mg	Vegetable:	0
Potassium (mg):	22mg	Fruit:	0
Calcium (mg):	36mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	6mg	•	
Vitamin A (i.u.):	371IU		
Vitamin A (r.e.):	68 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving			
Calories 55	Calories from Fat: 48		
	% Daily Values		
Total Fat 5g	8%		
Saturated Fat 3g	17%		
Cholesterol 15mg	5%		
Sodium 113mg	5%		
Total Carbohydrates trace	0%		
Dietary Fiber trace	0%		
Protein 1g			
Vitamin A	7%		
Vitamin C	10%		
Calcium	4%		
Iron	0%		

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