



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Breakfast Hash Brown Egg Cups

Breakfast Hash Brown Egg Cups are a delicious and easy-to-make breakfast option. They consist of shredded hash browns formed into cups and filled with eggs, cheese, and various toppings. These cups are baked until the eggs are set and the hash browns are crispy. They are perfect for meal prepping or serving a crowd.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	shredded hash browns
8 units	Eggs
200 g	cheddar cheese
1 tsp	Salt
1 tsp	Black pepper

30 g	Green Onions
10 g	cooking spray

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C). Grease a muffin tin with cooking spray.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine the shredded hash browns, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Pressing

Divide the hash brown mixture evenly among the muffin cups. Press the mixture down and up the sides to form cups.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Bake the hash brown cups in the preheated oven for 15 minutes or until they start to turn golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Remove the muffin tin from the oven. Crack an egg into each hash brown cup. Sprinkle with grated cheddar cheese and chopped green onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Return the muffin tin to the oven and bake for an additional 10 minutes or until the egg whites are set and the cheese is melted.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Remove from the oven and let cool for a few minutes. Use a knife to gently loosen the hash brown cups from the muffin tin. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	190 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

Visit our website: healthdor.com