



Alfredo Scrambled Egg Bake

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon seasoning italian
- ☐ 6 tablespoons butter cold
- ☐ 1 eggs
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 4.5 ounces mushrooms drained sliced
- ☐ 12 eggs beaten
- ☐ 0.3 cup farro crumbled (from 2.1-oz package)

- ☐ 0.8 cup alfredo sauce
- ☐ 1 cup frangelico

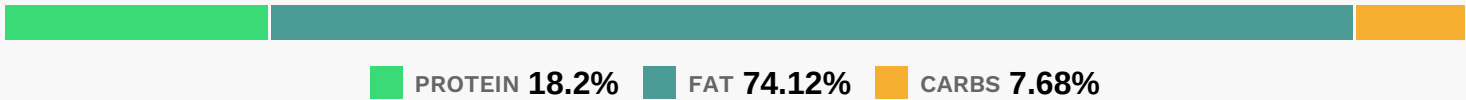
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In small bowl, stir together Bisquick mix and Italian seasoning.
- ☐ Cut in 4 tablespoons of the butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until crumbly. Gently stir in 1 egg; set aside for topping.
- ☐ In 12-inch nonstick skillet, melt remaining 2 tablespoons butter over medium heat. Cook onion, bell pepper and mushrooms in butter 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Add beaten eggs. Cook, stirring occasionally, until eggs are set; remove from heat. Gently stir in bacon and Alfredo sauce.
- ☐ Spread in baking dish.
- ☐ Sprinkle with topping.
- ☐ Bake uncovered about 15 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:11.758695633515%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 312.32kcal (15.62%), Fat: 25.55g (39.31%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.73g (1.92%), Cholesterol: 374.98mg (124.99%), Sodium: 477.54mg (20.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Selenium: 32.03µg (45.76%), Vitamin B2: 0.54mg (31.51%), Phosphorus: 218.27mg (21.83%), Vitamin A: 1040.71IU (20.81%), Vitamin B5: 1.82mg (18.18%), Vitamin B12: 0.87µg (14.52%), Folate: 52.04µg (13.01%), Vitamin D: 1.95µg (12.99%), Vitamin B6: 0.22mg (10.91%), Iron: 1.96mg (10.87%), Vitamin E: 1.48mg (9.85%), Zinc: 1.43mg (9.56%), Copper: 0.15mg (7.63%), Vitamin C: 5.96mg (7.23%), Potassium: 234.81mg (6.71%), Calcium: 62.67mg (6.27%), Vitamin B3: 1.06mg (5.32%), Vitamin B1: 0.07mg (4.72%), Magnesium: 17.2mg (4.3%), Manganese: 0.08mg (3.98%), Fiber: 0.8g (3.19%), Vitamin K: 1.36µg (1.3%)