



## American Breakfast Casserole

 **Gluten Free**  **Popular**

READY IN



70 min.

SERVINGS



12

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 1 pound bacon diced
- 1.5 cups curd cottage cheese
- 6 eggs lightly beaten
- 4 cups hash brown potatoes frozen southern-style thawed
- 2 cups cheddar cheese shredded
- 1 onion sweet chopped
- 1.3 cups swiss cheese shredded

### Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook and stir bacon and onion in a skillet over medium heat until the bacon is crisp, 10 to 15 minutes.
- Drain grease, reserving the drippings.
- Grease a 9x13-inch baking dish with the reserved bacon grease.
- Combine the cooked bacon and onion, eggs, hash brown potatoes, Cheddar cheese, cottage cheese, Swiss cheese, bell pepper, and green chilies in the prepared baking dish; stir to combine.
- Bake in preheated oven until the eggs are set firm, 35 to 40 minutes.
- Let casserole cool 10 minutes before cutting to serve.

## Nutrition Facts

**PROTEIN 19.58%** **FAT 63.87%** **CARBS 16.55%**

## Properties

Glycemic Index:9.33, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:12.183043469553%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

## Nutrients (% of daily need)

Calories: 404.05kcal (20.2%), Fat: 28.66g (44.09%), Saturated Fat: 11.98g (74.86%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 15.48g (5.63%), Sugar: 2.28g (2.54%), Cholesterol: 140.89mg (46.96%), Sodium: 532.05mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.53%), Selenium: 26.16µg (37.37%), Phosphorus: 334.09mg (33.41%), Calcium: 283.45mg (28.35%), Vitamin B2: 0.31mg (18.22%), Vitamin B12: 1.05µg (17.43%), Zinc: 2.21mg (14.72%), Vitamin B3: 2.78mg (13.91%), Vitamin B1: 0.21mg (13.78%), Vitamin B6: 0.27mg

(13.43%), Potassium: 389.4mg (11.13%), Vitamin B5: 1.08mg (10.84%), Vitamin A: 454.7IU (9.09%), Vitamin C: 7.06mg (8.56%), Iron: 1.36mg (7.57%), Magnesium: 28.42mg (7.1%), Folate: 27.84µg (6.96%), Manganese: 0.14mg (6.82%), Copper: 0.14mg (6.81%), Fiber: 1.23g (4.91%), Vitamin D: 0.73µg (4.88%), Vitamin E: 0.63mg (4.2%)