

Amish Breakfast Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 pound bacon diced sliced
- 12 ounces curd cottage cheese 4%
- 6 eggs lightly beaten
- 4 cups hash browns shredded frozen thawed
- 8 ounces cheddar cheese shredded
- 1 medium onion sweet chopped
- 1.3 cups swiss cheese shredded

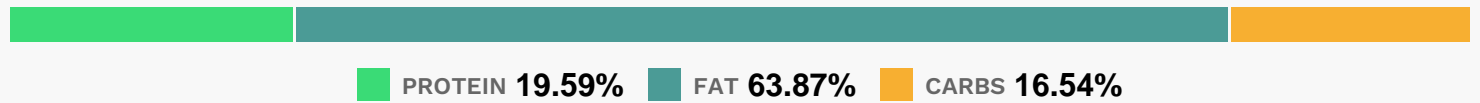
Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- In a large skillet, cook bacon and onion until bacon is crisp; drain. In a large bowl, combine the remaining ingredients; stir in bacon mixture.
- Transfer to a greased 13-in. x 9-in. baking dish.
- Bake, uncovered, at 350° for 35–40 minutes or until a knife inserted near the center comes out clean.
- Let stand for 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:12.194347848063%

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: 404.42kcal (20.22%), Fat: 28.68g (44.13%), Saturated Fat: 11.99g (74.95%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 15.48g (5.63%), Sugar: 2.29g (2.54%), Cholesterol: 140.97mg (46.99%), Sodium: 532.8mg (23.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.59%), Selenium: 26.18µg (37.41%), Phosphorus: 334.55mg (33.45%), Calcium: 284mg (28.4%), Vitamin B2: 0.31mg (18.24%), Vitamin B12: 1.05µg (17.45%), Zinc: 2.21mg (14.74%), Vitamin B3: 2.78mg (13.91%), Vitamin B1: 0.21mg (13.78%), Vitamin B6: 0.27mg (13.43%), Potassium: 389.55mg (11.13%), Vitamin B5: 1.08mg (10.84%), Vitamin A: 455.5IU (9.11%), Vitamin C: 7.06mg (8.56%), Iron: 1.36mg (7.57%), Magnesium: 28.44mg (7.11%), Folate: 27.87µg (6.97%), Manganese: 0.14mg (6.83%), Copper: 0.14mg (6.81%), Fiber: 1.23g (4.91%), Vitamin D: 0.73µg (4.89%), Vitamin E: 0.63mg (4.21%)